



## Croatian Rizi-Bizi (Rice and Green Peas)

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



923 kcal

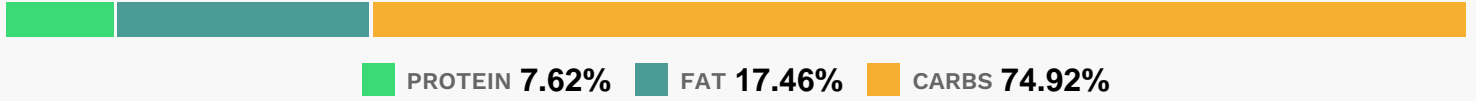
SIDE DISH

### Ingredients

- 500 g arborio rice
- 500 g arborio rice
- 100 g butter
- 30 g parsley fresh
- 350 g peas fresh green
- 60 g onion
- 0.1 teaspoon pepper
- 30 g salt

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:69.87, Glycemic Load:128.23, Inflammation Score:-9, Nutrition Score:36.149565217391%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

### Nutrients (% of daily need)

Calories: 923.19kcal (46.16%), Fat: 17.6g (27.08%), Saturated Fat: 10.62g (66.4%), Carbohydrates: 169.92g (56.64%), Net Carbohydrates: 159.92g (58.15%), Sugar: 4.54g (5.05%), Cholesterol: 43mg (14.33%), Sodium: 2463.43mg (107.11%), Protein: 17.28g (34.56%), Folate: 519.51µg (129.88%), Manganese: 2.4mg (119.92%), Vitamin K: 117.29µg (111.7%), Vitamin B1: 1.33mg (88.53%), Iron: 9.91mg (55.08%), Vitamin B3: 9.79mg (48.95%), Selenium: 31.73µg (45.33%), Vitamin C: 36.87mg (44.69%), Fiber: 10g (40.02%), Vitamin A: 1541.25IU (30.83%), Copper: 0.56mg (27.96%), Phosphorus: 277.44mg (27.74%), Vitamin B5: 2.71mg (27.08%), Vitamin B6: 0.48mg (24.04%), Zinc: 3.18mg (21.18%), Magnesium: 73.85mg (18.46%), Vitamin B2: 0.2mg (12.02%), Potassium: 379.5mg (10.84%), Calcium: 41mg (4.1%), Vitamin E: 0.6mg (4.02%)