



HEALTH SCORE

70%

Cumin Confetti Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup vegetable stock (from 32-oz carton)
- ☐ 3 garlic clove finely chopped
- ☐ 1 cup spring onion chopped
- ☐ 1 cup bell pepper diced green
- ☐ 1 cup bell pepper diced red
- ☐ 2 cups basmati rice cooked
- ☐ 0.3 cup carrots shredded
- ☐ 1 teaspoon soya sauce

☐ 0.3 teaspoon ground cumin

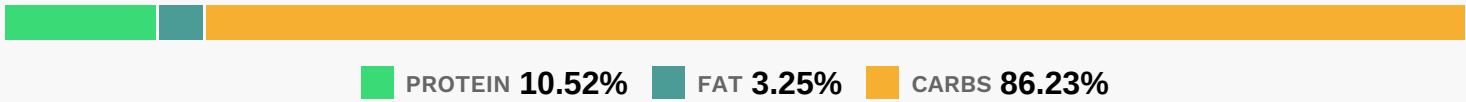
Equipment

☐ frying pan

Directions

- ☐ Heat broth to boiling in 10-inch nonstick skillet over medium-high heat. Cook garlic, onions and bell peppers in broth 5 to 8 minutes, stirring frequently, until bell peppers are tender.
- ☐ Stir in remaining ingredients; cook until hot.

Nutrition Facts



Properties

Glycemic Index:81.21, Glycemic Load:25.52, Inflammation Score:-9, Nutrition Score:15.530000147612%

Flavonoids

Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 137.3kcal (6.87%), Fat: 0.5g (0.77%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 27.41g (9.97%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 214.8mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 83.51mg (101.23%), Vitamin A: 2954.21IU (59.08%), Vitamin K: 57.43µg (54.7%), Manganese: 0.56mg (28.04%), Vitamin B6: 0.32mg (16.15%), Fiber: 2.68g (10.71%), Folate: 41.1µg (10.27%), Selenium: 6.46µg (9.23%), Potassium: 280.47mg (8.01%), Phosphorus: 69.17mg (6.92%), Vitamin E: 0.95mg (6.36%), Magnesium: 25.25mg (6.31%), Copper: 0.12mg (5.98%), Vitamin B3: 1.15mg (5.75%), Iron: 1mg (5.53%), Vitamin B1: 0.08mg (5.49%), Vitamin B5: 0.52mg (5.23%), Vitamin B2: 0.08mg (4.83%), Zinc: 0.68mg (4.56%), Calcium: 40.41mg (4.04%)