



HEALTH SCORE

100%

Cumin Rice with Eggplant and Peas



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- 1.5 cups brown rice
- 15 oz canned tomatoes diced canned (fired roasted would be nice)
- 0.3 teaspoon cinnamon
- 1 medium eggplant cut into 1/2-inch cubes
- 1.5 cups peas fresh green thawed ()
- 4 teaspoons ground cumin
- 0.3 teaspoon ground ginger
- 0.5 teaspoon pepper black

- 1 medium onion diced
- 0.3 cup parsley chopped
- 0.1 teaspoon to 5 chilies red
- 0.5 teaspoon turmeric
- 3 cups water
- 1 bell pepper green red yellow cut into 1/2-inch pieces

Equipment

- bowl
- frying pan
- baking paper
- oven
- baking pan
- aluminum foil

Directions

- Put the rice in a bowl and cover it with water. Set it aside to soak while you cook the vegetables. Lightly spray a large non-stick skillet with oil or cooking spray.
- Add the eggplant and onion, salt them lightly, and cook, covered, over medium-high heat, stirring often. When the eggplant is soft but not mushy (about 5 minutes) add the peppers, tomatoes, seasonings, parsley, and more salt to taste.
- Combine well.
- Drain the water from the rice and add the rice to the pan along with 3 cups water. Increase the heat to high and bring to a boil. When it reaches a boil, transfer it into a large baking dish. (Madison suggests a large earthenware gratin dish, but I used a deep lasagna dish.)
- Place a piece of parchment paper over the rice and then cover tightly with foil.
- Bake until the rice is tender, about 50-55 minutes. Stir in the peas and allow the dish to set for 5 minutes before serving.

Nutrition Facts



■ PROTEIN 12.04% ■ FAT 7.13% ■ CARBS 80.83%

Properties

Glycemic Index:55.35, Glycemic Load:24.33, Inflammation Score:-9, Nutrition Score:22.538260895273%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 261.81kcal (13.09%), Fat: 2.15g (3.31%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 54.79g (18.26%), Net Carbohydrates: 46.46g (16.9%), Sugar: 9.19g (10.21%), Cholesterol: 0mg (0%), Sodium: 109.81mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.33%), Manganese: 2.41mg (120.32%), Vitamin K: 58.37µg (55.59%), Vitamin C: 43.63mg (52.88%), Fiber: 8.32g (33.3%), Magnesium: 116.74mg (29.18%), Vitamin B6: 0.55mg (27.63%), Vitamin B1: 0.41mg (27.09%), Phosphorus: 223.88mg (22.39%), Copper: 0.45mg (22.27%), Vitamin B3: 4.4mg (21.98%), Iron: 3.74mg (20.78%), Potassium: 705.6mg (20.16%), Folate: 68.6µg (17.15%), Vitamin A: 750.71IU (15.01%), Zinc: 1.9mg (12.64%), Vitamin B5: 1.21mg (12.14%), Vitamin B2: 0.15mg (8.92%), Vitamin E: 1.31mg (8.75%), Calcium: 83.3mg (8.33%), Selenium: 1.54µg (2.19%)