



## Easy Vegetable Rice Medley

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

### Ingredients

- 1 Tbsp canola oil
- 0.5 cup carrots chopped (1 medium)
- 0.5 cup celery chopped (1 stalk)
- 14 oz chicken broth fat-free reduced-sodium canned
- 1.5 cups minute rice white uncooked
- 1 cup onions chopped (1 medium)
- 1 cup peas frozen
- 0.5 cup pasilla peppers red chopped

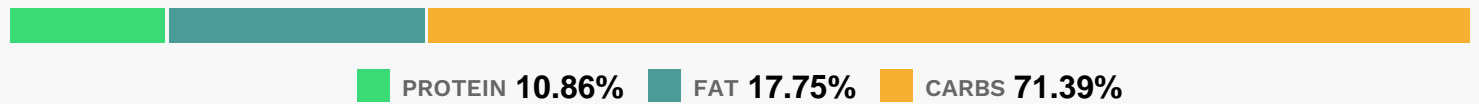
# Equipment

frying pan

# Directions

- Heat oil in nonstick skillet.
- Add onions, carrots, celery and peppers; cook 5 min. or until tender.
- Add broth; bring to boil.
- Stir rice and peas; cover. Simmer 5 min.
- Remove from heat.
- Let stand 5 min. before serving.

# Nutrition Facts



# Properties

Glycemic Index:45.54, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:17.023478300675%

# Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

# Nutrients (% of daily need)

Calories: 215.99kcal (10.8%), Fat: 4.27g (6.57%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 38.67g (12.89%), Net Carbohydrates: 34.27g (12.46%), Sugar: 5.63g (6.25%), Cholesterol: 0mg (0%), Sodium: 434.35mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Vitamin A: 3590.91IU (71.82%), Vitamin C: 42.64mg (51.68%), Folate: 136.99µg (34.25%), Vitamin B1: 0.44mg (29.58%), Manganese: 0.59mg (29.28%), Selenium: 15.12µg (21.6%), Vitamin B3: 4mg (19.98%), Fiber: 4.4g (17.6%), Vitamin K: 18.4µg (17.53%), Iron: 2.94mg (16.34%), Vitamin B6: 0.25mg (12.41%), Phosphorus: 113.19mg (11.32%), Potassium: 308.65mg (8.82%), Copper: 0.17mg (8.51%), Vitamin E: 1.11mg (7.43%), Zinc: 1.1mg (7.33%), Vitamin B2: 0.12mg (7.11%), Magnesium: 27.01mg (6.75%), Vitamin B5: 0.48mg (4.79%), Calcium: 40.96mg (4.1%), Vitamin B12: 0.2µg (3.31%)