

Elena's Yellow Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 1 tablespoon garlic minced
- ☐ 2 teaspoons ground turmeric
- ☐ 1 cup peas-carrots mix shopping list frozen thawed
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water
- ☐ 1 cup rice long grain white

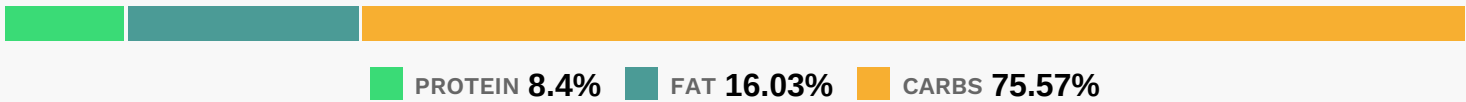
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Stir water, vegetable oil, garlic, vinegar, turmeric, and salt together in a 2-quart saucepan.
- ☐ Place a cover on the saucepan and bring the mixture to a boil.
- ☐ Slowly stir rice into the boiling mixture. Replace cover, reduce heat to low, and simmer rice mixture until the liquid is absorbed, about 20 minutes.
- ☐ Transfer rice to a large bowl. Gently fold peas and carrots into rice.

Nutrition Facts



Properties

Glycemic Index:34.05, Glycemic Load:22.47, Inflammation Score:-10, Nutrition Score:9.1565219319385%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 224.46kcal (11.22%), Fat: 3.98g (6.12%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 40.17g (14.61%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 618.09mg (26.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Vitamin A: 3324.13IU (66.48%), Manganese: 0.7mg (35.25%), Selenium: 7.74µg (11.05%), Copper: 0.16mg (8.22%), Fiber: 2.04g (8.18%), Phosphorus: 80.13mg (8.01%), Vitamin B6: 0.15mg (7.7%), Vitamin B1: 0.1mg (6.96%), Iron: 1.21mg (6.72%), Vitamin B3: 1.3mg (6.5%), Vitamin K: 6.47µg (6.16%), Vitamin C: 4.8mg (5.82%), Vitamin B5: 0.55mg (5.51%), Magnesium: 21.62mg (5.4%), Zinc: 0.77mg (5.11%), Potassium: 156.3mg (4.47%), Folate: 16.75µg (4.19%), Vitamin B2: 0.06mg (3.27%), Calcium: 31.93mg (3.19%), Vitamin E: 0.36mg (2.41%)