



Fragrant Saffron Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 17 ounce microwaveable precooked basmati rice (such as Uncle Ben's Ready Rice)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0 ounce flavoring and coloring) yellow for rice (such as vigo
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup peas green frozen
- ☐ 0.5 cup onion red chopped
- ☐ 0.3 teaspoon salt

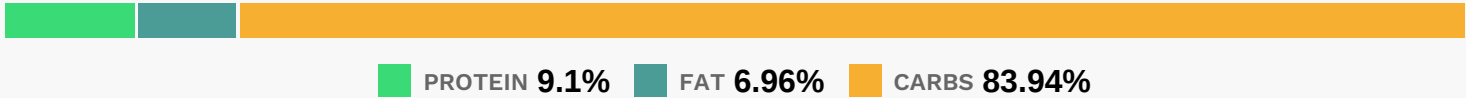
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Microwave rice according to package directions.
- ☐ While rice cooks, heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add green peas; saut 1 minute or until peas are thoroughly heated.
- ☐ Place rice in a large bowl; stir in sauted vegetables, rice flavoring and coloring, salt, and crushed red pepper. Toss well.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:21.56, Glycemic Load:29.64, Inflammation Score:-2, Nutrition Score:6.5921739391659%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 249.17kcal (12.46%), Fat: 1.89g (2.91%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 51.3g (17.1%), Net Carbohydrates: 49.44g (17.98%), Sugar: 1.15g (1.27%), Cholesterol: 0mg (0%), Sodium: 77.72mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Manganese: 0.79mg (39.25%), Selenium: 9.55µg (13.64%), Phosphorus: 97.13mg (9.71%), Copper: 0.18mg (9.25%), Fiber: 1.87g (7.47%), Vitamin B6: 0.14mg (7.03%), Magnesium: 27.1mg (6.77%), Vitamin B5: 0.65mg (6.51%), Vitamin B3: 1.28mg (6.41%), Zinc: 0.89mg (5.92%), Vitamin E: 0.84mg (5.6%), Vitamin C: 4.6mg (5.58%), Vitamin B1: 0.08mg (5.23%), Vitamin B2: 0.08mg (4.61%), Iron: 0.77mg (4.26%), Potassium: 131.31mg (3.75%), Folate: 13.91µg (3.48%), Calcium: 30.78mg (3.08%), Vitamin K: 2.43µg (2.31%), Vitamin A: 88.16IU (1.76%)