



WHATSheATE



Ginger Edamame Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients



1.5 cups rice white



1 cup edamame frozen shelled



2 inch ginger fresh peeled cut into large chunks



2 garlic cloves minced



4 servings kosher salt



4 servings freshly cracked pepper black



6 scallions white green separated

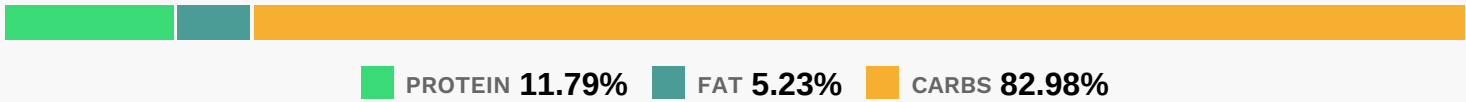
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with water and put over medium-high heat.
- ☐ Add the white whole scallion pieces, the ginger, garlic and a healthy pinch of salt. Bring to a boil, and cook about 5 minutes to infuse the water with the flavors.
- ☐ Carefully add the rice to the boiling water, stir, and simmer the rice until cooked through but firm, about 15 minutes. During the last few minutes of cooking, add the edamame to the simmering water.
- ☐ Meanwhile, slice the scallion greens and reserve.
- ☐ Drain the rice in a colander; remove the scallions, ginger and garlic, and discard.
- ☐ Transfer to a serving bowl and season with salt and pepper, to taste.
- ☐ Add 3/4 of the scallion greens and stir with a fork to fluff the rice and combine the ingredients.
- ☐ Garnish the rice with the remaining scallions and serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:33.89, Inflammation Score:-3, Nutrition Score:8.8143479202105%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 309.26kcal (15.46%), Fat: 1.76g (2.72%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 62.97g (20.99%), Net Carbohydrates: 59.97g (21.81%), Sugar: 1.58g (1.75%), Cholesterol: 0mg (0%), Sodium: 200.87mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.89%), Manganese: 0.83mg (41.5%), Vitamin K: 37.52µg (35.74%), Selenium: 10.83µg (15.47%), Fiber: 3g (11.98%), Iron: 1.88mg (10.43%), Potassium: 318.37mg (9.1%), Copper:

0.18mg (9.07%), Phosphorus: 90.08mg (9.01%), Vitamin B6: 0.15mg (7.46%), Vitamin B5: 0.73mg (7.34%), Calcium: 66.72mg (6.67%), Vitamin B3: 1.24mg (6.21%), Magnesium: 23mg (5.75%), Zinc: 0.86mg (5.72%), Vitamin C: 4.03mg (4.88%), Folate: 17.52µg (4.38%), Vitamin B1: 0.06mg (4.16%), Vitamin A: 180.14IU (3.6%), Vitamin B2: 0.05mg (3.02%), Vitamin E: 0.19mg (1.24%)