



WHATSheATE



## Green Rice with Toasted Pumpkin Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



180 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup slivered almonds raw unsalted hulled (pepitas)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup cilantro leaves fresh packed (stems and leaves)
- ☐ 0.5 cup parsley fresh packed (stems and leaves)
- ☐ 1 cup bell pepper green coarsely chopped
- ☐ 0.3 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 jalapeno seeded

- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon ground cumin
- ☐ 2.8 cups water
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups rice long-grain uncooked

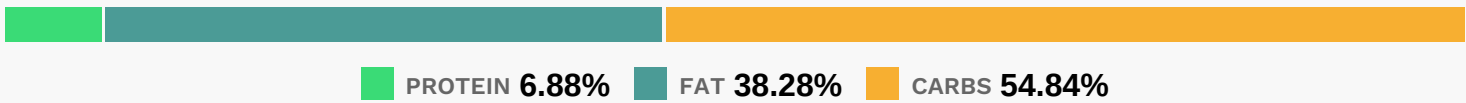
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

## Directions

- ☐ In 8-inch skillet, heat pumpkin seeds and 1 tablespoon oil over medium heat about 3 minutes, stirring occasionally, until seeds are lightly toasted. (Watch carefully—they can burn quickly.) Use slotted spoon to remove pumpkin seeds from pan and cool on paper towel-lined plate.
- ☐ In food processor or blender, puree cilantro, parsley, bell pepper, onion, garlic, chile, salt, cumin and water until smooth; set aside.
- ☐ In 3-quart saucepan, heat 3 tablespoons oil over medium heat until hot.
- ☐ Add rice and cook 3 minutes, stirring occasionally, until slightly translucent around edges.
- ☐ Add pureed liquid and heat to boiling. Reduce heat to low; cover and simmer 20 minutes or until all liquid is absorbed. Fluff with fork and stir in pumpkin seeds.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:23.92, Glycemic Load:13.65, Inflammation Score:-5, Nutrition Score:7.9552174029143%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 179.5kcal (8.98%), Fat: 7.66g (11.78%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 23.35g (8.49%), Sugar: 0.87g (0.97%), Cholesterol: 0mg (0%), Sodium: 356.55mg (15.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin K: 56.47µg (53.79%), Vitamin C: 18.43mg (22.34%), Manganese: 0.43mg (21.57%), Vitamin E: 1.91mg (12.73%), Vitamin A: 377.76IU (7.56%), Copper: 0.13mg (6.49%), Selenium: 4.47µg (6.38%), Phosphorus: 57.41mg (5.74%), Magnesium: 21.59mg (5.4%), Vitamin B6: 0.11mg (5.38%), Fiber: 1.33g (5.33%), Vitamin B2: 0.07mg (3.9%), Iron: 0.7mg (3.88%), Vitamin B3: 0.72mg (3.62%), Vitamin B5: 0.34mg (3.44%), Potassium: 119.85mg (3.42%), Zinc: 0.5mg (3.32%), Folate: 11.76µg (2.94%), Calcium: 28.79mg (2.88%), Vitamin B1: 0.04mg (2.86%)