

 **73%**
HEALTH SCORE

Grilled Vegetables with Saffron Rice

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus cut into 1-inch pieces
- 1 teaspoon capers
- 1.7 cups chicken broth low-sodium
- 2 medium bell peppers red cut into 1-inch pieces
- 5 ounce saffron rice (recommended: Mahatma)
- 0.3 cup slivered almonds
- 1 zucchini cut into 1-inch pieces

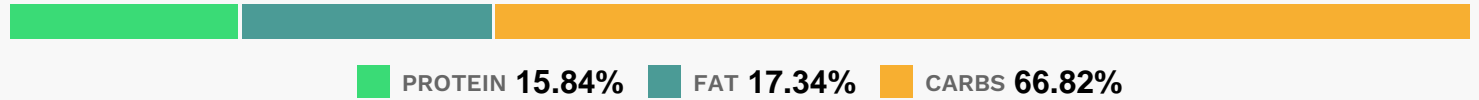
Equipment

- bowl
- sauce pan
- grill
- tongs
- grill pan

Directions

- In a large saucepan, over high heat bring chicken broth to a boil.
- Add rice. Reduce heat to low, cover, and simmer for 20 minutes until rice is fluffy.
- Spray a grill pan with cooking spray. Grill vegetables over medium-high heat. Use tongs to remove from heat; set aside. In a serving bowl combine rice, grilled veggies, capers, and slivered almonds. Toss.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.03, Glycemic Load:12.44, Inflammation Score:-9, Nutrition Score:16.017826033675%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 4.39mg, Isorhamnetin: 4.39mg, Isorhamnetin: 4.39mg, Isorhamnetin: 4.39mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

Nutrients (% of daily need)

Calories: 153.72kcal (7.69%), Fat: 3.11g (4.79%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 23.37g (8.5%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 35.82mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.79%), Vitamin C: 60.83mg (73.74%), Vitamin A: 1874.8IU (37.5%), Vitamin K: 34.65µg (33%), Manganese: 0.58mg (29.04%), Vitamin E: 2.69mg (17.96%), Folate: 69.03µg (17.26%),

Copper: 0.3mg (14.94%), Vitamin B2: 0.25mg (14.89%), Fiber: 3.62g (14.46%), Vitamin B6: 0.29mg (14.42%), Vitamin B3: 2.71mg (13.55%), Iron: 2.4mg (13.31%), Phosphorus: 130.24mg (13.02%), Potassium: 437.12mg (12.49%), Vitamin B1: 0.17mg (11.28%), Magnesium: 39.96mg (9.99%), Selenium: 5.59µg (7.98%), Zinc: 1.07mg (7.15%), Vitamin B5: 0.66mg (6.59%), Calcium: 47.48mg (4.75%), Vitamin B12: 0.07µg (1.09%)