



Ham, artichoke & lemon pilaf



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 250 g rice
- ☐ 700 ml vegetable stock
- ☐ 300 g artichoke hearts sliced
- ☐ 300 g deli honey ham sliced cut into chunks
- ☐ 2 lemon zest
- ☐ 3 tbsp mint leaves chopped

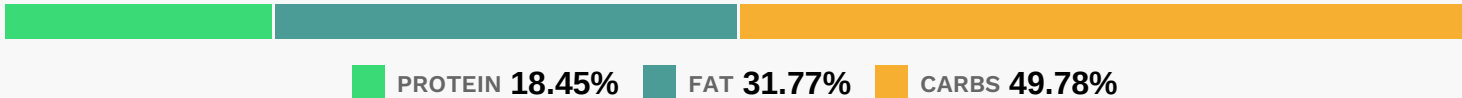
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan, then add the onion and fry for a couple of mins until starting to soften. Stir in the rice, then pour in the stock and bring to the boil. Cover and cook for 5 mins.
- ☐ Add the artichokes, ham, half the lemon zest and all of the juice to the pan. Cover and cook for 5–7 mins more until the rice is tender. Stir in the mint, then divide between four bowls and scatter over the remaining zest.

Nutrition Facts



Properties

Glycemic Index:33.3, Glycemic Load:31.64, Inflammation Score:-5, Nutrition Score:13.309130336927%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 480.57kcal (24.03%), Fat: 16.54g (25.44%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 55.46g (20.17%), Sugar: 3.42g (3.8%), Cholesterol: 46.5mg (15.5%), Sodium: 1867.32mg (81.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.21%), Selenium: 26.62µg (38.03%), Manganese: 0.74mg (37%), Vitamin B1: 0.51mg (34%), Phosphorus: 241.59mg (24.16%), Vitamin B3: 4.41mg (22.05%), Vitamin B6: 0.43mg (21.36%), Zinc: 2.49mg (16.59%), Vitamin B2: 0.21mg (12.32%), Fiber: 2.85g (11.4%), Copper: 0.22mg (10.86%), Vitamin B5: 1.02mg (10.24%), Potassium: 338.19mg (9.66%), Magnesium: 34.03mg (8.51%), Vitamin A: 423.27IU (8.47%), Vitamin B12: 0.48µg (8%), Vitamin C: 6.29mg (7.62%), Iron: 1.31mg (7.3%), Vitamin E: 0.86mg (5.71%), Calcium: 36.05mg (3.6%), Folate: 14.23µg (3.56%), Vitamin D: 0.52µg (3.5%), Vitamin K: 2.28µg (2.17%)