



## Herbed Rice With Raisins

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

### Ingredients

- 1 medium carrots grated
- 0.3 cup chervil fresh chopped
- 0.3 cup basil fresh chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 0.3 cup golden raisins
- 1 juice of lemon grated
- 6 servings kosher salt and pepper freshly ground

- 0.3 cup olive oil extra-virgin
- 3.5 ounce pea shoots
- 1 cup jasmati rice
- 3 tablespoons rice vinegar
- 2 teaspoons sugar

## Equipment

- bowl
- baking sheet
- whisk

## Directions

- Cook the rice as the label directs.
- Spread out on a baking sheet and let cool completely. Soak the raisins in the lemon juice in a cup, 10 minutes. Meanwhile, toss the rice with the chervil, basil, parsley, cilantro and carrot in a large bowl. Chop the pea shoots, reserving some whole for garnish, and add to the bowl.
- Drain the raisins, straining the lemon juice into a separate bowl.
- Add the vinegar, lemon zest, sugar, 1/4 teaspoon salt, and pepper to taste to the lemon juice.
- Whisk in the olive oil.
- Add to the rice mixture along with the raisins and toss. Season with salt and pepper. Top with the reserved pea shoots.
- Photograph by Jonny Valiant

## Nutrition Facts



**PROTEIN 5.24%** **FAT 42.49%** **CARBS 52.27%**

## Properties

Glycemic Index:69.8, Glycemic Load:19.57, Inflammation Score:-8, Nutrition Score:9.6304346893145%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## **Nutrients (% of daily need)**

Calories: 261.52kcal (13.08%), Fat: 12.45g (19.15%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 33.17g (12.06%), Sugar: 6.81g (7.57%), Cholesterol: 0mg (0%), Sodium: 209.7mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin K: 56.1µg (53.42%), Vitamin A: 2135.32IU (42.71%), Vitamin C: 18.41mg (22.31%), Manganese: 0.42mg (21.03%), Vitamin E: 1.89mg (12.6%), Selenium: 5.09µg (7.28%), Fiber: 1.59g (6.35%), Copper: 0.12mg (5.84%), Potassium: 203.23mg (5.81%), Iron: 1.03mg (5.71%), Phosphorus: 56.02mg (5.6%), Vitamin B6: 0.11mg (5.37%), Vitamin B3: 0.8mg (3.98%), Magnesium: 15.55mg (3.89%), Vitamin B5: 0.37mg (3.74%), Calcium: 36.98mg (3.7%), Zinc: 0.52mg (3.47%), Folate: 13.39µg (3.35%), Vitamin B2: 0.05mg (2.87%), Vitamin B1: 0.04mg (2.47%)