



Home-Seasoned Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



57 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown rice
- ☐ 8 oz tomato sauce low-sodium canned
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 cup peas frozen thawed
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup water

Equipment

- ☐ pot

Directions

☐ In a pot, combine brown rice, tomato sauce, water and garlic powder. Bring to a boil over medium-high heat. Stir once, reduce heat to low, cover and simmer for 55 minutes or until all liquid has absorbed. Stir in thawed peas, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:38.27, Glycemic Load:22.68, Inflammation Score:-6, Nutrition Score:14.684782764186%

Nutrients (% of daily need)

Calories: 215.54kcal (10.78%), Fat: 1.59g (2.45%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 44.55g (14.85%), Net Carbohydrates: 40g (14.55%), Sugar: 4.08g (4.53%), Cholesterol: 0mg (0%), Sodium: 469.33mg (20.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Manganese: 1.99mg (99.48%), Vitamin C: 18.47mg (22.39%), Magnesium: 89.13mg (22.28%), Vitamin B1: 0.31mg (20.47%), Fiber: 4.55g (18.19%), Vitamin B6: 0.36mg (18.09%), Phosphorus: 180.63mg (18.06%), Vitamin B3: 3.37mg (16.84%), Copper: 0.27mg (13.56%), Potassium: 386.42mg (11.04%), Iron: 1.94mg (10.8%), Vitamin A: 522.82IU (10.46%), Zinc: 1.55mg (10.31%), Vitamin K: 10.58µg (10.07%), Folate: 38.25µg (9.56%), Vitamin B5: 0.92mg (9.23%), Vitamin B2: 0.11mg (6.2%), Vitamin E: 0.86mg (5.77%), Calcium: 34.72mg (3.47%), Selenium: 1.04µg (1.48%)