



Italian Rice and Veggie Supper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 14.5 oz canned tomatoes diced with basil, garlic and oregano, undrained canned
- ☐ 1 cup carrots fresh thinly sliced
- ☐ 1 stalk celery thinly sliced
- ☐ 15 kidney beans rinsed drained canned ()
- ☐ 0.5 cup onion chopped
- ☐ 0.8 cup rice long-grain white uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

- ☐ 1.5 cups water
- ☐ 1 small to 3 sized squashes yellow halved lengthwise cut into 1/4-inch-thick slices

Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Heat oil in large saucepan or Dutch oven over medium-high heat until hot.
- ☐ Add carrots, onion and celery; cook and stir 3 minutes.
- ☐ Add zucchini; cook and stir 2 minutes.
- ☐ Stir in all remaining ingredients. Bring to a boil. Reduce heat to low; cover and simmer 15 to 20 minutes or until vegetables are tender and liquid is absorbed, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:67.08, Glycemic Load:20.66, Inflammation Score:-10, Nutrition Score:15.774347782135%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 221.55kcal (11.08%), Fat: 4.1g (6.31%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 37.9g (13.78%), Sugar: 7.72g (8.58%), Cholesterol: 0mg (0%), Sodium: 464.05mg (20.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Vitamin A: 5671.17IU (113.42%), Manganese: 0.72mg (35.88%), Vitamin C: 18.19mg (22.05%), Vitamin K: 20.17µg (19.21%), Vitamin B6: 0.36mg (17.77%), Fiber: 4.4g (17.61%), Potassium: 591.06mg (16.89%), Copper: 0.33mg (16.43%), Vitamin E: 1.88mg (12.53%), Vitamin B3: 2.35mg (11.73%), Iron: 1.99mg (11.05%), Magnesium: 43.76mg (10.94%), Phosphorus: 108.71mg (10.87%), Folate: 43.04µg (10.76%), Vitamin B1: 0.15mg (10.26%), Selenium: 6.13µg (8.76%), Vitamin B2: 0.14mg (8.48%), Vitamin B5: 0.83mg

(8.28%), Calcium: 72.13mg (7.21%), Zinc: 0.91mg (6.1%)