



Jasmine Rice with Green Onions, Peas, and Lemon

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients

- 2 tablespoons parsley fresh chopped
- 0.5 cup peas fresh shelled
- 6 spring onion thinly sliced
- 1.3 cups rice long-grain white rinsed drained well
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest grated
- 2 tablespoons olive oil extra virgin extra-virgin

- 0.5 teaspoon salt
- 1.8 cups water

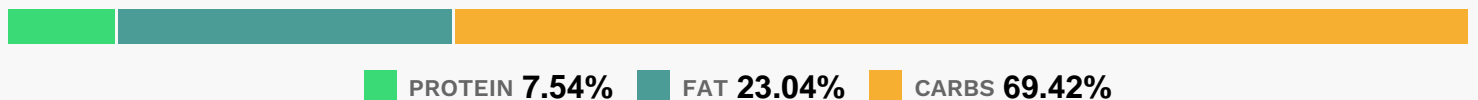
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine 1 3/4 cups water, rice, and salt in large saucepan. Bring to boil over high heat. Reduce heat to low; cover and cook until rice is tender, about 15 minutes.
- Remove from heat.
- Let stand covered 15 minutes. Fluff with fork. Cool.
- Cook peas in medium saucepan of boiling salted water 1 minute.
- Drain. Rinse under cold water.
- Drain.
- Heat oil in large nonstick skillet over medium-high heat.
- Add all but 2 tablespoons green onions; sauté 30 seconds.
- Add rice and sauté until heated through, stirring to break pieces, about 4 minutes.
- Add peas, lemon juice, parsley, and lemon peel. Sauté 2 minutes to blend flavors.
- Transfer to serving bowl.
- Sprinkle with remaining green onions.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:19.21, Inflammation Score:-4, Nutrition Score:7.6330434135769%

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: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 197.61kcal (9.88%), Fat: 5.02g (7.72%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 32.36g (11.77%), Sugar: 1.19g (1.32%), Cholesterol: 0mg (0%), Sodium: 202.64mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Vitamin K: 52.55µg (50.05%), Manganese: 0.49mg (24.57%), Vitamin C: 12.09mg (14.65%), Selenium: 6.12µg (8.75%), Fiber: 1.67g (6.67%), Copper: 0.13mg (6.55%), Vitamin A: 325.2IU (6.5%), Phosphorus: 63.11mg (6.31%), Vitamin E: 0.82mg (5.44%), Folate: 21.77µg (5.44%), Vitamin B6: 0.1mg (4.81%), Vitamin B3: 0.96mg (4.79%), Vitamin B1: 0.07mg (4.58%), Magnesium: 17.83mg (4.46%), Iron: 0.79mg (4.37%), Zinc: 0.64mg (4.29%), Vitamin B5: 0.43mg (4.27%), Potassium: 121.15mg (3.46%), Calcium: 28.17mg (2.82%), Vitamin B2: 0.05mg (2.78%)