



HEALTH SCORE

100%

Lemony rice & peas



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



10

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g rice
- ☐ 75 ml olive oil
- ☐ 200 g pea-mond dressing frozen
- ☐ 410 g lentils rinsed drained canned
- ☐ 410 g chickpeas rinsed drained
- ☐ 2 juice of lemon
- ☐ 2 bunches spring onion finely sliced
- ☐ 1 large bunch cilantro leaves chopped

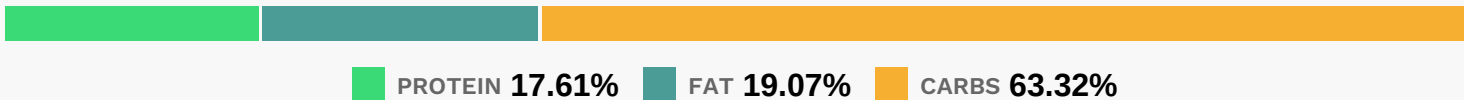
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the rice in a large pan of boiling water for about 15 mins, drain and drizzle with a little of the olive oil, then leave to cool.
- ☐ Boil a kettle and pour the water over the peas in a small bowl. Leave them to defrost, then drain. In a large bowl, mix the rice with the peas, lentils, chickpeas, remaining olive oil, lemon juice and the spring onions. Season to taste. The rice salad can now be kept in the fridge for up to 2 days.
- ☐ Remove from the fridge about 30 mins before serving, then stir through the coriander.

Nutrition Facts



Properties

Glycemic Index:21.65, Glycemic Load:20.76, Inflammation Score:-7, Nutrition Score:21.999130477076%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 408.24kcal (20.41%), Fat: 8.68g (13.35%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 64.81g (21.6%), Net Carbohydrates: 47.33g (17.21%), Sugar: 3.77g (4.18%), Cholesterol: 0mg (0%), Sodium: 8.96mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Folate: 315.68µg (78.92%), Manganese: 1.4mg (70.04%), Fiber: 17.48g (69.9%), Phosphorus: 322.13mg (32.21%), Vitamin B1: 0.47mg (31.43%), Iron: 5.15mg (28.59%), Copper: 0.48mg (24.17%), Magnesium: 89.33mg (22.33%), Zinc: 3.2mg (21.32%), Vitamin K: 20.6µg (19.62%), Potassium: 624.62mg (17.85%), Vitamin B6: 0.35mg (17.72%), Selenium: 9.99µg (14.27%), Vitamin B5: 1.4mg (13.97%), Vitamin E:

1.47mg (9.83%), Vitamin B3: 1.9mg (9.51%), Vitamin B2: 0.14mg (8.48%), Vitamin C: 5.86mg (7.1%), Calcium:
60.67mg (6.07%), Vitamin A: 132.26IU (2.65%)