

Orange Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 12 oil-cured olives black dry pitted
- ☐ 1 tablespoon olive oil
- ☐ 2 oranges
- ☐ 1 small onion red
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups short-grain brown rice

Equipment

☐ sauce pan

Directions

- ☐ Combine the rice, salt, and 2 cups of water in a medium saucepan over medium heat.
- ☐ Heat to boiling. Reduce heat to low, cover, and simmer 20 minutes. Meanwhile, grate 1 tablespoon peel from one of the oranges. Then cut off the remaining peel from both oranges and cut into sections.
- ☐ Cut the onion into thin slivers. When rice is tender and the water is absorbed, fold in the 1 tablespoon of peel, the orange sections, onion, mint, olives, and olive oil. Season to taste with additional salt if necessary.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:23.5, Inflammation Score:-6, Nutrition Score:12.324782436309%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 242.25kcal (12.11%), Fat: 4.98g (7.67%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 45.51g (15.17%), Net Carbohydrates: 42.05g (15.29%), Sugar: 4.9g (5.45%), Cholesterol: 0mg (0%), Sodium: 321.89mg (14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Manganese: 1.93mg (96.31%), Vitamin C: 25.12mg (30.45%), Magnesium: 79.92mg (19.98%), Vitamin B1: 0.26mg (17.06%), Vitamin B6: 0.31mg (15.37%), Phosphorus: 144.97mg (14.5%), Fiber: 3.46g (13.83%), Vitamin B3: 2.35mg (11.73%), Copper: 0.18mg (9.03%), Vitamin B5: 0.89mg (8.86%), Zinc: 1.09mg (7.29%), Potassium: 252.71mg (7.22%), Folate: 28.72µg (7.18%), Iron: 1.12mg (6.23%), Vitamin E: 0.72mg (4.82%), Calcium: 46.54mg (4.65%), Vitamin A: 200.86IU (4.02%), Vitamin B2: 0.05mg (2.88%), Vitamin K: 1.59µg (1.51%)