



Peanut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice white uncooked ()
- ☐ 0.5 cup dry-roasted peanuts
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 2.3 cups water

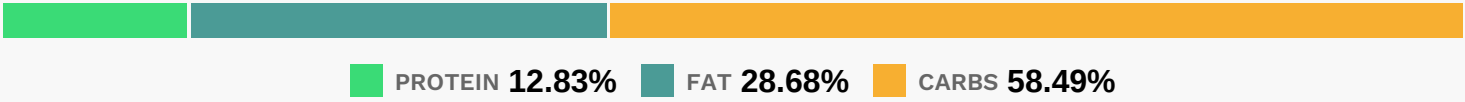
Equipment

- ☐ sauce pan

Directions

- ☐
- Bring the water to a boil in a medium saucepan.
- ☐
- Add rice, salt, and turmeric; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐
- Remove from heat; stir in peanuts and peas.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:22.96, Inflammation Score:-8, Nutrition Score:9.3491304231727%

Nutrients (% of daily need)

Calories: 289.6kcal (14.48%), Fat: 9.34g (14.37%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 39.57g (14.39%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 379.63mg (16.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Manganese: 1.02mg (50.89%), Vitamin B3: 3.85mg (19.25%), Phosphorus: 143.73mg (14.37%), Copper: 0.28mg (13.83%), Fiber: 3.29g (13.14%), Magnesium: 49.78mg (12.45%), Selenium: 8.69µg (12.41%), Folate: 38.53µg (9.63%), Vitamin B1: 0.14mg (9.24%), Vitamin C: 7.28mg (8.83%), Vitamin B6: 0.16mg (7.77%), Zinc: 1.11mg (7.42%), Vitamin B5: 0.74mg (7.42%), Potassium: 242.25mg (6.92%), Iron: 1.11mg (6.15%), Vitamin K: 4.56µg (4.34%), Calcium: 40.13mg (4.01%), Vitamin B2: 0.06mg (3.67%), Vitamin A: 138.66IU (2.77%)