



Peas Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



411 kcal

SIDE DISH

Ingredients

- 1 cup rice
- 1 tablespoon butter
- 1 stick cinnamon (2 inch)
- 1 teaspoon ginger fresh minced
- 0.3 cup peas green
- 2 servings salt to taste
- 1 serrano chiles chopped
- 2 cups water

0.3 teaspoon granulated sugar white

Equipment

sauce pan

Directions

Wash and drain the rice.

Heat a saucepan over a medium heat.

Add butter or margarine and let melt. Stir in cloves, cinnamon, Serrano chile, and ginger.

Saute briefly.

Mix in rice and stir to coat it evenly. Stir in peas, salt, and sugar.

Pour in water and bring the water to a boil.

Reduce heat to simmer and let rice cook covered for 15 to 20 minutes; or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:97.8, Glycemic Load:45.61, Inflammation Score:-4, Nutrition Score:10.396086925722%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 410.64kcal (20.53%), Fat: 6.36g (9.79%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 78.91g (26.3%), Net Carbohydrates: 75.62g (27.5%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 277.77mg (12.08%), Alcohol: 0g (100%), Protein: 7.78g (15.56%), Manganese: 1.39mg (69.74%), Selenium: 14.37µg (20.53%), Copper: 0.29mg (14.28%), Fiber: 3.3g (13.18%), Phosphorus: 130.22mg (13.02%), Vitamin C: 8.73mg (10.58%), Vitamin B6: 0.2mg (10.12%), Vitamin B5: 0.98mg (9.77%), Vitamin B3: 1.94mg (9.69%), Zinc: 1.3mg (8.67%), Magnesium: 33.83mg (8.46%), Vitamin A: 422.32IU (8.45%), Vitamin B1: 0.12mg (7.73%), Iron: 1.19mg (6.59%), Calcium: 57.78mg (5.78%), Vitamin K: 5.49µg (5.23%), Folate: 20.16µg (5.04%), Potassium: 174.43mg (4.98%), Vitamin B2: 0.08mg (4.44%), Vitamin E: 0.41mg (2.71%)