



HEALTH SCORE

78%

Persian Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 tablespoons golden raisins
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 Dash ground nutmeg
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup no-salt-added chicken broth
- ☐ 0.8 cup onion finely chopped

- ☐ 0.5 cup orange juice
- ☐ 0.1 teaspoon pepper
- ☐ 4 ounces apricot-glazed pork roast diced
- ☐ 0.5 cup parboiled rice long-grain uncooked (such as Uncle Ben's)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon slivered almonds toasted
- ☐ 3 cups pkt spinach fresh chopped

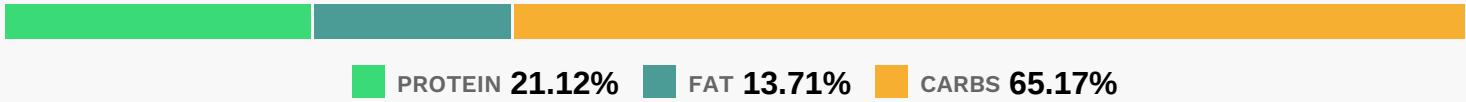
Equipment

- ☐ frying pan

Directions

- ☐ Cook onion in a large nonstick skillet over medium-high heat until tender.
- ☐ Add rice, cinnamon, cloves, and nutmeg; cook over medium-high heat 3 minutes, stirring occasionally.
- ☐ Add broth and next 5 ingredients (broth through pepper); bring to a boil. Cover; reduce heat. Simmer 20 minutes or until rice is tender and liquid is absorbed.
- ☐ Remove from heat; add pork and spinach.
- ☐ Let stand, covered, 10 minutes.
- ☐ Spoon 1 1/2 cups rice mixture onto individual plates; top each with 1 tablespoon parsley and 1 1/2 teaspoons almonds.

Nutrition Facts



Properties

Glycemic Index:188.93, Glycemic Load:33.61, Inflammation Score:-10, Nutrition Score:31.031739183094%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg,

Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg
Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 8.49mg, Hesperetin:
8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg,
Naringenin: 1.45mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.39mg,
Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin:
3.14mg, Isorhamnetin: 3.14mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg
Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 14.54mg, Quercetin: 14.54mg,
Quercetin: 14.54mg, Quercetin: 14.54mg

Nutrients (% of daily need)

Calories: 396.93kcal (19.85%), Fat: 6.16g (9.47%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 65.84g (21.95%), Net
Carbohydrates: 61.37g (22.32%), Sugar: 17.55g (19.5%), Cholesterol: 35.72mg (11.91%), Sodium: 382.04mg (16.61%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.67%), Vitamin K: 284.46µg (270.91%), Vitamin A:
4684.64IU (93.69%), Manganese: 1.39mg (69.49%), Vitamin C: 56.81mg (68.86%), Vitamin B6: 0.76mg (37.96%),
Selenium: 23.86µg (34.09%), Folate: 131.71µg (32.93%), Phosphorus: 294.35mg (29.44%), Vitamin B3: 5.88mg
(29.38%), Vitamin B1: 0.42mg (28.07%), Potassium: 964.22mg (27.55%), Magnesium: 98.4mg (24.6%), Vitamin B2:
0.36mg (21.06%), Copper: 0.4mg (19.79%), Fiber: 4.47g (17.87%), Iron: 3.06mg (16.99%), Vitamin E: 2.44mg
(16.29%), Zinc: 2.23mg (14.86%), Vitamin B5: 1.19mg (11.86%), Calcium: 116.42mg (11.64%), Vitamin B12: 0.35µg
(5.8%), Vitamin D: 0.23µg (1.51%)