



Poached egg with spicy rice



Vegetarian



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



1

CALORIES



1114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tsp cooking oil
- ☐ 0.5 onion chopped
- ☐ 0.5 bell pepper green deseeded sliced
- ☐ 250 g rice (we used Tilda Rizazz)
- ☐ 50 g pea-mond dressing frozen
- ☐ 1 tsp curry powder
- ☐ 1 eggs

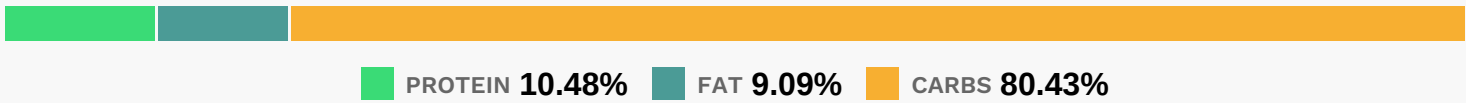
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a non-stick frying pan. Fry the onion and pepper for 5-8 mins until soft and beginning to brown. Tip in the rice, frozen peas, curry powder and 200ml water, stir well, then simmer gently for 10 mins.
- ☐ Bring a small pan of water to the boil and, when the rice is almost ready, poach the egg (see p50 for some great tips on poaching eggs).
- ☐ Serve the egg on top of the spicy rice.

Nutrition Facts



Properties

Glycemic Index:144.19, Glycemic Load:124.56, Inflammation Score:-8, Nutrition Score:31.02043460763%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

Nutrients (% of daily need)

Calories: 1113.6kcal (55.68%), Fat: 11.03g (16.97%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 219.63g (73.21%), Net Carbohydrates: 210.52g (76.55%), Sugar: 5.93g (6.59%), Cholesterol: 163.68mg (54.56%), Sodium: 82mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.21%), Manganese: 3.2mg (159.96%), Selenium: 53.13µg (75.89%), Vitamin C: 52.34mg (63.44%), Phosphorus: 487.45mg (48.74%), Folate: 164.16µg (41.04%), Copper: 0.79mg (39.64%), Vitamin B6: 0.76mg (37.85%), Fiber: 9.11g (36.44%), Vitamin B5: 3.54mg (35.42%), Zinc: 4.19mg (27.93%), Magnesium: 110.81mg (27.7%), Iron: 4.93mg (27.41%), Vitamin B1: 0.36mg (23.86%), Vitamin B3: 4.7mg (23.5%), Vitamin B2: 0.39mg (22.84%), Potassium: 702.51mg (20.07%), Vitamin E: 2.34mg (15.57%), Calcium: 134.8mg (13.48%), Vitamin K: 11.06µg (10.53%), Vitamin A: 486.07IU (9.72%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)