



Quick Edamame and Orange Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

Ingredients

- ☐ 1 cup julienne-cut bell pepper red (2 x)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1.5 cups celery diagonally sliced thin
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 cup edamame green frozen shelled thawed (soybeans)
- ☐ 1 cup green onions sliced
- ☐ 2 small oranges peeled

- ☐ 3 cups quick-cooking brown rice uncooked
- ☐ 0.5 cup dry-roasted cashews
- ☐ 0.3 cup teriyaki sauce low-sodium

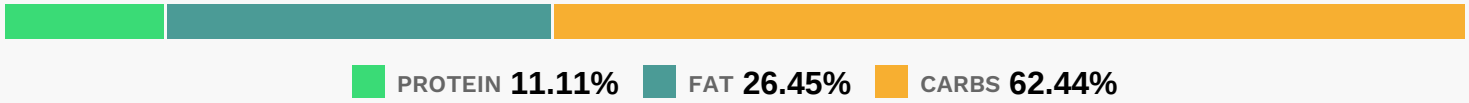
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat. Set aside, and keep warm.
- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add celery, onions, and bell pepper; saut 1 minute. Stir in cooked rice, edamame, and remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:2.94, Inflammation Score:-9, Nutrition Score:28.274348010188%

Flavonoids

Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 489.9kcal (24.5%), Fat: 14.57g (22.42%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 77.41g (25.8%), Net Carbohydrates: 70.95g (25.8%), Sugar: 11.57g (12.86%), Cholesterol: 0mg (0%), Sodium: 734.39mg (31.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.55%), Vitamin C: 79.09mg (95.87%), Vitamin K: 73.41µg (69.92%), Folate: 251.81µg (62.95%), Vitamin B1: 0.72mg (48.04%), Manganese: 0.92mg (45.87%), Iron: 7.06mg (39.2%), Selenium: 26.78µg (38.25%), Vitamin A: 1693.95IU (33.88%), Copper: 0.58mg (28.76%), Vitamin B3: 5.74mg (28.7%), Fiber: 6.46g (25.85%), Phosphorus: 222.59mg (22.26%), Magnesium: 83.08mg (20.77%), Potassium: 655.45mg (18.73%), Vitamin B6: 0.32mg (16.06%), Zinc: 2.17mg (14.49%), Vitamin E: 1.73mg (11.5%),

Calcium: 112.13mg (11.21%), Vitamin B2: 0.16mg (9.26%), Vitamin B5: 0.87mg (8.74%)