



HEALTH SCORE

97%

Rainbow rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



465 kcal

SIDE DISH

Ingredients

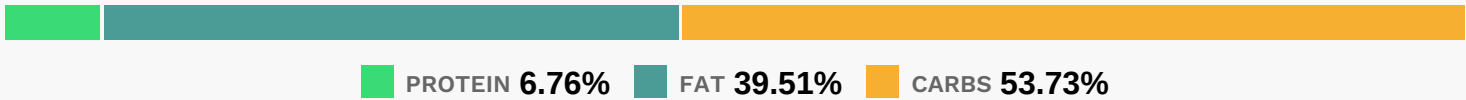
- ☐ 100 g brown rice long grain
- ☐ 1 small bell pepper red deseeded finely chopped
- ☐ 0.5 cucumber deseeded finely chopped
- ☐ 1 large carrots grated
- ☐ 6 apricots dried chopped
- ☐ 2 tbsp sunflower seeds toasted
- ☐ 2 tbsp olive oil
- ☐ 0.5 juice of orange

Equipment

Directions

- ☐ Cook the rice as per pack instructions.
- ☐ Drain, rinse and drain again.
- ☐ Mix with the red pepper, cucumber, grated carrot, dried apricots and toasted pumpkin seeds.
- ☐ Drizzle over olive oil and the orange juice.

Nutrition Facts



Properties

Glycemic Index:99.62, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:28.979130641274%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 465.13kcal (23.26%), Fat: 21.08g (32.42%), Saturated Fat: 2.72g (17%), Carbohydrates: 64.5g (21.5%), Net Carbohydrates: 57.8g (21.02%), Sugar: 19.06g (21.18%), Cholesterol: 0mg (0%), Sodium: 35.05mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.22%), Vitamin A: 8126.59IU (162.53%), Manganese: 2.27mg (113.63%), Vitamin C: 59.76mg (72.44%), Vitamin E: 8.02mg (53.49%), Magnesium: 131.09mg (32.77%), Vitamin B6: 0.62mg (31.25%), Phosphorus: 290.06mg (29.01%), Vitamin B1: 0.43mg (28.84%), Fiber: 6.7g (26.81%), Selenium: 17.69µg (25.27%), Copper: 0.48mg (24.16%), Vitamin B3: 4.8mg (24.02%), Potassium: 779.81mg (22.28%), Vitamin K: 22.1µg (21.05%), Folate: 73.96µg (18.49%), Vitamin B5: 1.41mg (14.07%), Iron: 2.44mg (13.55%), Zinc: 1.92mg (12.78%), Vitamin B2: 0.18mg (10.31%), Calcium: 59.26mg (5.93%)