



Rice and Green Peas with Shrimp Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter cut into small pieces
- ☐ 0.3 cup carrots diced
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 cup peas green frozen thawed
- ☐ 0.8 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 1.5 cups water hot

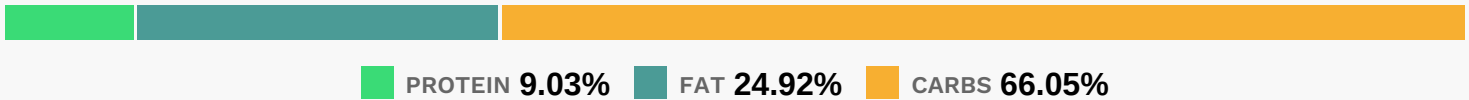
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a medium saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add shallots to pan; saut for 1 minute or until tender.
- ☐ Add carrot; saut 1 minute. Stir in rice; saut 2 minutes.
- ☐ Add 1 1/2 cups hot water, thyme, and salt; bring to a boil. Cover, reduce heat, and simmer for 23 minutes or until rice is tender and liquid is absorbed.
- ☐ Remove from heat; stir in peas and Shrimp Butter.
- ☐ Let stand for 5 minutes or until peas are thoroughly heated and Shrimp Butter melts.

Nutrition Facts



Properties

Glycemic Index:46.23, Glycemic Load:12.65, Inflammation Score:-8, Nutrition Score:6.077826116396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 147.06kcal (7.35%), Fat: 4.06g (6.25%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 22.03g (8.01%), Sugar: 2.43g (2.7%), Cholesterol: 10.03mg (3.34%), Sodium: 234.01mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin A: 1208.71IU (24.17%), Manganese: 0.39mg (19.67%), Vitamin C: 11.3mg (13.7%), Fiber: 2.19g (8.76%), Vitamin K: 7.13µg (6.79%), Phosphorus: 61.95mg (6.19%), Vitamin B6: 0.12mg (6.07%), Vitamin B1: 0.09mg (6.02%), Selenium: 4.1µg (5.85%), Copper: 0.12mg (5.8%), Folate: 22.21µg (5.55%), Vitamin B3: 0.96mg (4.78%), Magnesium: 17.69mg (4.42%), Zinc: 0.62mg (4.14%), Iron: 0.74mg (4.08%), Potassium: 138.74mg (3.96%), Vitamin B5: 0.31mg (3.09%), Vitamin B2: 0.05mg (3.03%), Calcium: 22.29mg (2.23%), Vitamin E: 0.2mg (1.36%)