



Rice with Carrot, Lemon, Onion and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 onion diced
- ☐ 1 carrots diced
- ☐ 1 Tbsp garlic minced
- ☐ 6 servings salt and pepper to taste
- ☐ 3.5 cups water
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 Tbsp juice of lemon

- ☐ 1.5 cup rice long grain (make sure that you are using rice)
- ☐ 4 scallions thinly sliced
- ☐ 0.3 cup mint leaves fresh chopped

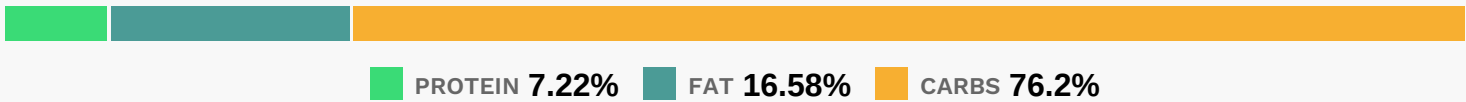
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat the oil in a medium-sized, thick-bottomed pot over medium heat.
- ☐ Add the onions and carrots and cook 10 minutes, until the onions are translucent and beginning to brown.
- ☐ Add the garlic, cook 1 minute more. Season with salt and pepper.
- ☐ Add the water, lemon zest and juice and bring to a boil. Stir in the rice, reduce the heat and simmer, covered, until the rice absorbs the liquid and is tender, about 20 minutes.
- ☐ Remove to a bowl, add the scallions and mint, and fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:32.84, Glycemic Load:23.2, Inflammation Score:-8, Nutrition Score:7.8473912632984%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 219.25kcal (10.96%), Fat: 4g (6.15%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 39.74g (14.45%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 212.98mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin A: 1858.8IU (37.18%), Manganese: 0.6mg (29.98%), Vitamin K: 20.21µg (19.25%), Selenium: 7.33µg (10.47%), Vitamin C: 6.84mg (8.29%), Copper: 0.15mg (7.68%), Vitamin B6: 0.14mg (6.93%), Phosphorus: 68.87mg (6.89%), Fiber: 1.63g (6.54%), Vitamin B5: 0.55mg (5.47%), Magnesium: 19.78mg (4.95%), Vitamin B3: 0.95mg (4.75%), Vitamin E: 0.69mg (4.62%), Potassium: 156.34mg (4.47%), Folate: 17.46µg (4.36%), Zinc: 0.64mg (4.3%), Iron: 0.7mg (3.91%), Calcium: 38.29mg (3.83%), Vitamin B1: 0.06mg (3.83%), Vitamin B2: 0.05mg (2.79%)