



## Rice with Peas and Mint

 Gluten Free

READY IN



15 min.

SERVINGS



9

CALORIES



38 kcal

SIDE DISH

### Ingredients

- 2 tablespoons mint leaves dried fresh chopped
- 0.3 cup parmesan cheese grated
- 10 ounce peas frozen english
- 1 extra large bag boil-in-bag rice
- 0.3 teaspoon salt

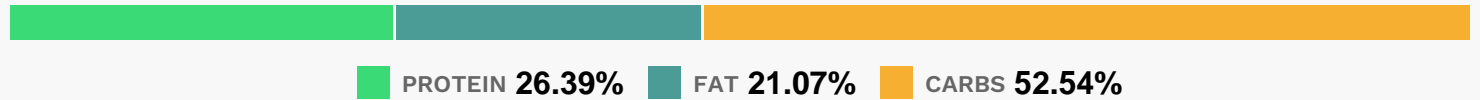
### Equipment

- bowl

## Directions

- Cook rice.
- Transfer to a large bowl.
- While rice cooks, cook peas according to package directions, omitting salt and fat; drain.
- Add peas, cheese, mint, and salt to rice. Toss well.

## Nutrition Facts



## Properties

Glycemic Index:11.72, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:4.0234782514365%

## Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

## Nutrients (% of daily need)

Calories: 38.39kcal (1.92%), Fat: 0.92g (1.41%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.79g (1.99%), Cholesterol: 2.42mg (0.81%), Sodium: 115.13mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin C: 12.95mg (15.7%), Fiber: 1.89g (7.54%), Vitamin K: 7.86µg (7.48%), Manganese: 0.15mg (7.3%), Vitamin A: 312.2IU (6.24%), Vitamin B1: 0.09mg (5.7%), Folate: 21.92µg (5.48%), Phosphorus: 52.57mg (5.26%), Calcium: 35.2mg (3.52%), Zinc: 0.52mg (3.5%), Vitamin B3: 0.68mg (3.41%), Vitamin B2: 0.05mg (3.19%), Magnesium: 12.29mg (3.07%), Copper: 0.06mg (3.03%), Iron: 0.53mg (2.96%), Vitamin B6: 0.06mg (2.85%), Potassium: 88.43mg (2.53%), Selenium: 1.56µg (2.22%)