



WHATSheATE



HEALTH SCORE

52%

Roasted Red Pepper and Feta Rice



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups broth (chicken or vegetable)
- ☐ 0.3 cup feta crumbled ()
- ☐ 2 cloves garlic chopped ()
- ☐ 1 cup long grained rice (I used brown rice)
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped ()
- ☐ 1 teaspoon oregano dry chopped (or)
- ☐ 2 roasted peppers red sliced ()

☐ 4 servings salt and pepper to taste

Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the roasted red pepper and oregano and season with salt and pepper.
- ☐ Add the rice and broth and bring to a boil.
- ☐ Reduce the heat and simmer, covered, until the rice is cooked, about 20 minutes (40 minutes for brown rice).
- ☐ Remove from the heat and mix in the feta.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:25.75, Inflammation Score:-10, Nutrition Score:21.088260775027%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 314.42kcal (15.72%), Fat: 7.48g (11.51%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 55.05g (18.35%), Net Carbohydrates: 48.12g (17.5%), Sugar: 0.78g (0.86%), Cholesterol: 8.34mg (2.78%), Sodium: 610.44mg (26.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.33%), Vitamin A: 5920.98IU (118.42%), Manganese: 2.16mg (108.04%), Fiber: 6.93g (27.71%), Vitamin C: 22.21mg (26.92%), Magnesium: 102.52mg (25.63%), Vitamin B1: 0.37mg (24.4%), Phosphorus: 235.92mg (23.59%), Vitamin B6: 0.47mg (23.42%), Vitamin B3: 3.72mg (18.6%), Copper: 0.28mg (13.95%), Iron: 2.41mg (13.4%), Folate: 53µg (13.25%), Potassium: 439.21mg (12.55%), Vitamin B2:

0.21mg (12.4%), Zinc: 1.84mg (12.24%), Calcium: 112.8mg (11.28%), Vitamin B5: 1.03mg (10.27%), Vitamin K: 5.48µg (5.22%), Vitamin E: 0.62mg (4.11%), Selenium: 2.24µg (3.2%), Vitamin B12: 0.16µg (2.64%)