



Roasted tomato & cheddar rice with garden salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g cherry tomatoes
- ☐ 2 onion chopped
- ☐ 1 tbsp oregano dried (or)
- ☐ 1 tbsp olive oil
- ☐ 250 g rice long grain
- ☐ 1l vegetable stock hot
- ☐ 2 avocado sliced

- ☐ 3 small bunches herbs like: thym mixed soft (we used chives, parsley and mint)
- ☐ 1 the of 1 cos lettuce shredded
- ☐ 1 juice of lemon
- ☐ 200 g cheddar cheese grated

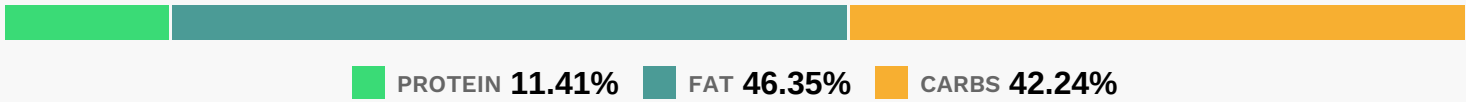
Equipment

- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Spread the tomatoes on a baking tray and roast for 15 mins, then remove.
- ☐ Heat grill to High.
- ☐ Meanwhile, soften the onion and oregano in the oil, stir in the rice and stock, and boil for 15 mins, stirring occasionally, until the rice is cooked.
- ☐ Mix the avocados, herbs, shredded lettuce and lemon juice.
- ☐ Stir most of the cheese and tomatoes into the rice, tip into an ovenproof dish, scatter remaining cheese and tomatoes on top with some more oregano and flash under the grill to brown. Spoon onto plates with the salad served on the side.

Nutrition Facts



Properties

Glycemic Index:68.8, Glycemic Load:33.73, Inflammation Score:-10, Nutrition Score:27.678260969079%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg,

Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg

Nutrients (% of daily need)

Calories: 682.61kcal (34.13%), Fat: 35.95g (55.31%), Saturated Fat: 12.4g (77.5%), Carbohydrates: 73.72g (24.57%), Net Carbohydrates: 63.82g (23.21%), Sugar: 8.16g (9.07%), Cholesterol: 50mg (16.67%), Sodium: 1344.7mg (58.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.84%), Manganese: 1.09mg (54.32%), Vitamin C: 40.27mg (48.81%), Vitamin A: 2337.73IU (46.75%), Vitamin K: 45.55µg (43.38%), Calcium: 430.8mg (43.08%), Phosphorus: 402.05mg (40.21%), Fiber: 9.89g (39.58%), Selenium: 24.86µg (35.51%), Folate: 134.85µg (33.71%), Vitamin B6: 0.56mg (28.16%), Potassium: 939.11mg (26.83%), Vitamin E: 3.85mg (25.69%), Vitamin B2: 0.43mg (25.39%), Vitamin B5: 2.47mg (24.66%), Zinc: 3.45mg (23.02%), Copper: 0.46mg (22.84%), Magnesium: 78.06mg (19.51%), Vitamin B3: 3.46mg (17.32%), Iron: 2.51mg (13.92%), Vitamin B1: 0.2mg (13.08%), Vitamin B12: 0.53µg (8.83%), Vitamin D: 0.3µg (2%)