



 **28%**
HEALTH SCORE

Slimming World Indian Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



189 kcal

SIDE DISH

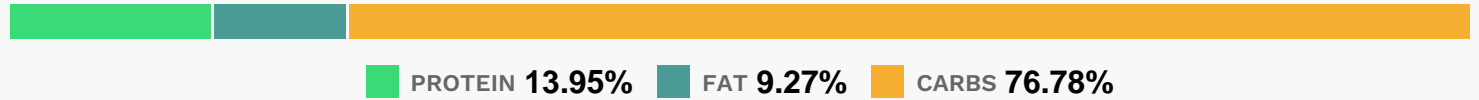
Ingredients

- 1.5 cups rice
- 400 g chickpeas drained
- 1 teaspoon cumin seeds
- 2 teaspoons ground coriander
- 1 teaspoon ground ginger
- 0.5 cup peas frozen
- 0.5 teaspoon salt
- 1 teaspoon nigella seeds

- 1 teaspoon nigella seeds black
- 400 g tomatoes chopped
- 1 teaspoon turmeric
- 4.5 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:17.93, Glycemic Load:16.09, Inflammation Score:-9, Nutrition Score:9.2313043478261%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 189.19kcal (9.46%), Fat: 1.95g (3%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 31.78g (11.56%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 128.75mg (5.6%), Protein: 6.61g (13.23%), Manganese: 0.89mg (44.3%), Folate: 81.86µg (20.46%), Fiber: 4.65g (18.59%), Copper: 0.26mg (13.16%), Phosphorus: 120.05mg (12%), Vitamin C: 9.05mg (10.97%), Iron: 1.91mg (10.63%), Magnesium: 36.86mg (9.22%), Selenium: 6.04µg (8.62%), Vitamin A: 402.06IU (8.04%), Potassium: 277.16mg (7.92%), Vitamin B6: 0.15mg (7.55%), Zinc: 1.13mg (7.52%), Vitamin B1: 0.1mg (6.83%), Vitamin K: 6.62µg (6.31%), Vitamin B3: 1.09mg (5.45%), Vitamin B5: 0.44mg (4.4%), Calcium: 41.74mg (4.17%), Vitamin B2: 0.06mg (3.45%), Vitamin E: 0.41mg (2.73%)