



HEALTH SCORE

82%

Spanakorizo (Greek Spinach Rice)



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**270 kcal**

SIDE DISH

Ingredients

- ☐ 2.5 cups chicken broth (or water)
- ☐ 0.3 cup optional: dill chopped ()
- ☐ 0.3 cup feta crumbled (, optional)
- ☐ 2 cloves garlic chopped ()
- ☐ 1 juice of lemon (juice and zest)
- ☐ 1 cup long grained rice (I used brown rice)
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped ()

- ☐ 0.3 cup parsley chopped ()
- ☐ 4 servings salt and pepper to taste
- ☐ 1 bunch pkt spinach roughly chopped ()

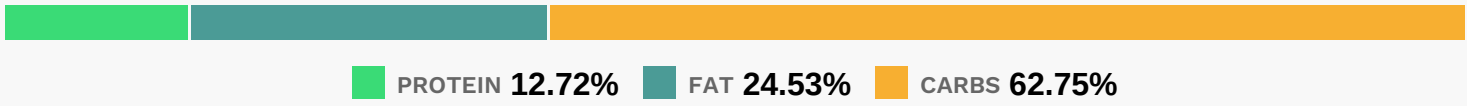
Equipment

- ☐ 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 and spinach and cook until the spinach wilts.
- ☐ Add the rice, chicken stock, parsley, dill and season with salt and pepper and bring to a boil.
- ☐ Reduce the heat, cover and simmer until the rice is cooked, about 20 minutes (50 minutes for brown rice).
- ☐ Hit with a splash lemon juice and garnish with feta.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:21.35, Inflammation Score:-10, Nutrition Score:29.07695641725%

Flavonoids

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: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 269.59kcal (13.48%), Fat: 7.53g (11.59%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 39.35g (14.31%), Sugar: 1.97g (2.18%), Cholesterol: 11.28mg (3.76%), Sodium: 919.61mg (39.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Vitamin K: 474.42µg (451.83%), Vitamin A: 8556.5IU (171.13%), Manganese: 2.7mg (135.14%), Folate: 192.38µg (48.09%), Vitamin C: 36.03mg (43.68%), Magnesium: 144.4mg (36.1%), Vitamin B6: 0.5mg (24.96%), Vitamin B1: 0.33mg (21.7%), Phosphorus: 216.6mg (21.66%), Vitamin B2: 0.37mg (21.57%), Iron: 3.84mg (21.32%), Potassium: 715.67mg (20.45%), Calcium: 170.55mg (17.05%), Fiber: 4.02g (16.09%), Vitamin B3: 3.21mg (16.05%), Vitamin E: 2.35mg (15.66%), Copper: 0.29mg (14.48%), Zinc: 1.9mg (12.67%), Vitamin B5: 0.94mg (9.35%), Selenium: 3.16µg (4.51%), Vitamin B12: 0.19µg (3.13%)