



Spanish Fried Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



48 min.

SERVINGS



5

CALORIES



386 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black
- 19 ounce chickpeas rinsed drained canned (garbanzo beans)
- 0.3 cup flat-leaf parsley fresh chopped
- 1 tablespoon garlic minced
- 1 tablespoon olive oil divided
- 2.3 ounce olives ripe drained sliced canned
- 1 cup onion coarsely chopped (1 medium)
- 0.5 cup peas green frozen

- 10 ounce saffron rice mix yellow (such as Vigo)
- 12 ounce roasted bell peppers red drained cut into 1-inch pieces

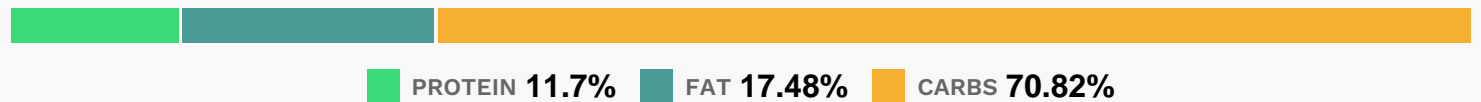
Equipment

- frying pan
- baking sheet

Directions

- Cook rice according to package directions, omitting salt and fat.
- Spread rice onto a baking sheet coated with cooking spray.
- Let stand 30 minutes or until completely cool.
- Heat 1 teaspoon oil in a nonstick skillet coated with cooking spray over medium-high heat.
- Add onion and garlic; saut 5 minutes.
- Add remaining 2 teaspoons oil and rice. Cook 6 minutes or until lightly browned, stirring occasionally. Stir in peas and remaining ingredients; cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:53.37, Glycemic Load:32.67, Inflammation Score:-8, Nutrition Score:21.200869580974%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 386.12kcal (19.31%), Fat: 7.57g (11.64%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 68.99g (23%), Net Carbohydrates: 60.69g (22.07%), Sugar: 2.37g (2.63%), Cholesterol: 0mg (0%), Sodium: 1437.4mg (62.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.4g (22.8%), Manganese: 1.77mg (88.32%), Vitamin K: 71.6µg (68.19%), Vitamin C: 45.73mg (55.43%), Vitamin B6: 0.81mg (40.73%), Fiber: 8.3g (33.21%), Copper: 0.44mg

(22.24%), Phosphorus: 195.53mg (19.55%), Vitamin A: 869.86IU (17.4%), Selenium: 11.7µg (16.71%), Iron: 2.98mg (16.53%), Folate: 64.4µg (16.1%), Magnesium: 62.88mg (15.72%), Potassium: 438.39mg (12.53%), Zinc: 1.79mg (11.91%), Calcium: 108.43mg (10.84%), Vitamin B1: 0.15mg (10.27%), Vitamin B5: 1.01mg (10.09%), Vitamin B3: 1.86mg (9.29%), Vitamin E: 1.01mg (6.73%), Vitamin B2: 0.1mg (5.83%)