



Spanish Rice with Peas

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



277 kcal

SIDE DISH

Ingredients

- 1 medium avocado peeled cut into 10 wedges
- 1 teaspoon chili powder
- 0.3 teaspoon pepper red crushed
- 0.3 cup cilantro leaves fresh chopped
- 1 cup peas green shelled
- 2 cups low-salt chicken broth
- 1 cup onion chopped
- 1 cup plum tomatoes chopped

- 1 cup rice long-grain uncooked
- 0.3 teaspoon salt
- 2 teaspoons vegetable oil

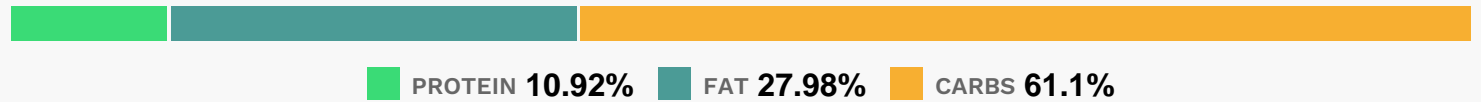
Equipment

- sauce pan

Directions

- Heat oil in a saucepan over medium heat.
- Add rice and onion; saut 3 minutes.
- Add peas, tomato, broth, chili powder, salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Spoon onto plates.
- Sprinkle with cilantro; serve with avocado.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:20.36, Inflammation Score:-7, Nutrition Score:13.549565268599%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 276.85kcal (13.84%), Fat: 8.84g (13.6%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 37.29g (13.56%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 163.04mg (7.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Manganese: 0.69mg (34.36%), Vitamin C: 24.76mg (30.01%), Vitamin K: 26.68µg (25.41%), Fiber: 6.14g (24.57%), Vitamin A: 895.57IU (17.91%), Vitamin B3: 3.58mg (17.89%), Folate: 68.35µg (17.09%), Potassium: 563.66mg (16.1%), Vitamin B6: 0.31mg (15.54%), Copper: 0.3mg

(15.24%), Phosphorus: 145.74mg (14.57%), Vitamin B1: 0.16mg (10.94%), Vitamin B5: 1.06mg (10.56%), Vitamin E: 1.54mg (10.25%), Magnesium: 40.85mg (10.21%), Vitamin B2: 0.16mg (9.47%), Selenium: 6.54µg (9.35%), Zinc: 1.28mg (8.51%), Iron: 1.44mg (8.02%), Calcium: 40.74mg (4.07%), Vitamin B12: 0.09µg (1.57%)