

Spiced tomato rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

Ingredients



350 g rice long-grain



500 ml vegetable stock



200 ml passata



1 tsp ground cumin



1 tsp chili powder



1 handful parsley

Equipment

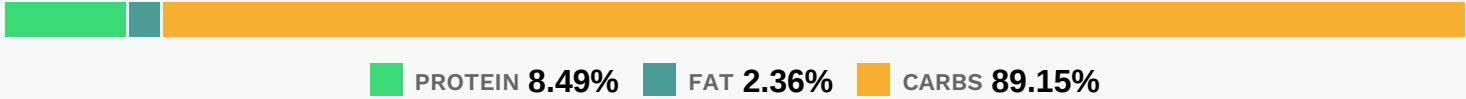


frying pan

Directions

☐ Place the rice in a pan with the stock and passata. Bring to the boil, cover and simmer for 10–12 mins. Take off the heat, stir in the cumin and chilli powder, then cover and rest for 5 mins more. Fluff with a fork and serve scattered with parsley.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:42.84, Inflammation Score:-6, Nutrition Score:11.242173868677%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 349.8kcal (17.49%), Fat: 0.9g (1.39%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 76.91g (25.64%), Net Carbohydrates: 74.45g (27.07%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 528.28mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Manganese: 1.07mg (53.55%), Selenium: 13.75µg (19.64%), Vitamin K: 19.02µg (18.12%), Copper: 0.36mg (17.84%), Vitamin A: 824.65IU (16.49%), Phosphorus: 126.86mg (12.69%), Iron: 2.15mg (11.95%), Vitamin B3: 2.29mg (11.44%), Vitamin B6: 0.23mg (11.36%), Vitamin B5: 1.13mg (11.3%), Potassium: 360.21mg (10.29%), Fiber: 2.46g (9.85%), Vitamin E: 1.42mg (9.46%), Magnesium: 37.36mg (9.34%), Vitamin C: 6.97mg (8.45%), Zinc: 1.21mg (8.05%), Vitamin B2: 0.09mg (5.54%), Vitamin B1: 0.08mg (5.34%), Calcium: 42.27mg (4.23%), Folate: 14.57µg (3.64%)