






 **10%**
HEALTH SCORE

Spicy Rice Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

50 min.

SERVINGS

12

CALORIES

204 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 16 ounces kidney beans rinsed drained canned
- 1 teaspoon chili powder
- 0.3 cup lentils dried rinsed
- 1 cup corn frozen
- 1 cup rice long grain uncooked
- 1 cup rice long grain uncooked
- 2 tablespoons olive oil
- 0.5 cup onion chopped

- 2 ounces pimientos diced drained
- 1 cup salsa
- 2 cups vegetable stock

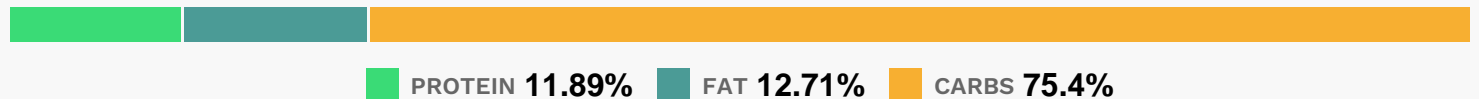
Equipment

- sauce pan

Directions

- In a saucepan over medium heat, saute onion in oil until tender.
- Add broth and lentils; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer 20–25 minutes longer or until lentils and rice are tender.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:7.7513043465822%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg

Nutrients (% of daily need)

Calories: 204.08kcal (10.2%), Fat: 2.91g (4.48%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 34.17g (12.43%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 401.89mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Manganese: 0.56mg (28.03%), Fiber: 4.68g (18.72%), Phosphorus: 115.89mg (11.59%), Folate: 39.47µg (9.87%), Vitamin B6: 0.19mg (9.45%), Vitamin C: 7.29mg (8.83%), Copper: 0.17mg (8.62%), Potassium: 290.39mg (8.3%), Selenium: 5.79µg (8.26%), Magnesium: 32.82mg (8.21%), Vitamin B1: 0.12mg (8.19%), Iron: 1.36mg (7.55%), Vitamin A: 364.53IU (7.29%), Vitamin B3: 1.32mg (6.6%), Zinc: 0.93mg (6.2%), Vitamin B5: 0.54mg (5.42%), Vitamin E: 0.77mg (5.11%), Vitamin K: 4.78µg (4.55%), Vitamin B2: 0.07mg (4.4%), Calcium: 30.89mg (3.09%)