



HEALTH SCORE

60%

Spinach & pea pilau



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 2 mugs basmati rice
- ☐ 1 cinnamon sticks halved
- ☐ 8 cardamom pods green
- ☐ 6 cloves
- ☐ 2 tsp cumin seed
- ☐ 100 g baby spinach fresh shredded
- ☐ 200 g pea frozen

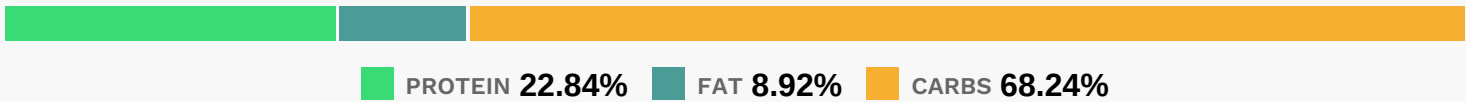
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ stove

Directions

- ☐ Thoroughly rinse the rice in a bowl or sieve with several changes of water until the water runs clear.
- ☐ Drain well.
- ☐ Heat a large pan on the stove, tip in the spices, then dry-fry for about 1 min until they are toasted (not burnt) and beginning to release their aromas. Tip the rice into the pan, stir well over the heat, then pour in 4 mugs of water and add 1 tsp salt.
- ☐ Bring to the boil, then cover and simmer for 8 mins until the rice is almost tender and the water has been absorbed. Stir in the spinach and peas, then cover and leave for 2 mins so the peas defrost and the spinach just wilts.

Nutrition Facts



Properties

Glycemic Index:24.86, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:12.843913119772%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 56.62kcal (2.83%), Fat: 0.61g (0.94%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 6.79g (2.47%), Sugar: 1.2g (1.34%), Cholesterol: 0mg (0%), Sodium: 16.78mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Vitamin K: 81.57µg (77.69%), Manganese: 1.3mg (65.18%), Vitamin A: 1578.76IU (31.58%), Folate: 101.85µg (25.46%), Fiber: 3.74g (14.94%), Iron: 2.2mg (12.22%), Magnesium: 40.45mg (10.11%), Phosphorus: 69.37mg (6.94%), Potassium: 232.96mg (6.66%), Vitamin C: 5.45mg (6.61%), Copper: 0.13mg (6.54%), Vitamin B1: 0.09mg (6.05%), Zinc: 0.77mg (5.13%), Calcium: 48.43mg (4.84%), Vitamin B6: 0.08mg (3.86%), Vitamin B2: 0.06mg (3.4%), Vitamin E: 0.49mg (3.24%), Vitamin B3: 0.36mg (1.82%), Selenium:

1.12µg (1.6%), Vitamin B5: 0.15mg (1.54%)