



Steamed Ginger Rice with Snow Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



22 min.

SERVINGS



6

CALORIES



458 kcal

SIDE DISH

Ingredients

- 1 teaspoon ginger finely grated
- 2 cups rice long grain
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- 0.3 lb snow peas chopped
- 3 cups water cold

Equipment

Nutrition Facts

PROTEIN 8.38% FAT 1.73% CARBS 89.89%

Properties

Glycemic Index:22.9, Glycemic Load:59.36, Inflammation Score:-3, Nutrition Score:10.768695652174%

Nutrients (% of daily need)

Calories: 458.37kcal (22.92%), Fat: 0.85g (1.31%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 100.09g (33.36%), Net Carbohydrates: 97.99g (35.63%), Sugar: 0.91g (1.01%), Cholesterol: 0mg (0%), Sodium: 12.88mg (0.56%), Protein: 9.33g (18.66%), Manganese: 1.39mg (69.44%), Selenium: 18.76µg (26.8%), Copper: 0.31mg (15.3%), Phosphorus: 151.96mg (15.2%), Vitamin B5: 1.39mg (13.93%), Vitamin C: 11.36mg (13.77%), Vitamin B6: 0.23mg (11.65%), Vitamin B3: 2.09mg (10.45%), Zinc: 1.41mg (9.39%), Magnesium: 36.7mg (9.17%), Fiber: 2.1g (8.41%), Iron: 1.38mg (7.68%), Vitamin B1: 0.11mg (7.65%), Potassium: 181.02mg (5.17%), Calcium: 46.26mg (4.63%), Vitamin K: 4.85µg (4.62%), Folate: 17.84µg (4.46%), Vitamin B2: 0.08mg (4.45%), Vitamin A: 205.44IU (4.11%), Vitamin E: 0.21mg (1.4%)