



Sugar Snap Peas and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- 1.5 cups water
- 0.5 teaspoon salt
- 0.3 teaspoon thyme leaves dried
- 0.7 cup brown rice uncooked
- 1 teaspoon vegetable oil
- 0.5 cup onion chopped (1 medium)
- 1 clove garlic finely chopped
- 1 medium bell pepper red seeded cut into thin bite-size strips

- 2 cups sugar snap peas frozen
- 2 tablespoons water

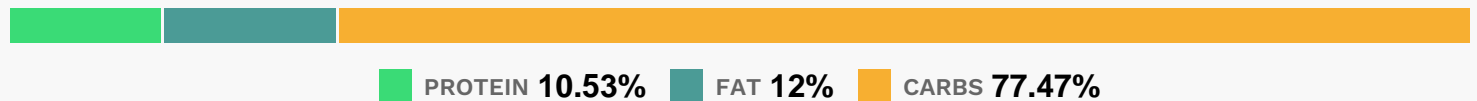
Equipment

- frying pan
- sauce pan

Directions

- In 2-quart saucepan, heat 1 1/2 cups water, the salt and thyme to boiling. Stir in rice; reduce heat to low. Cover; simmer 45 to 50 minutes or until rice is tender.
- In 10-inch nonstick skillet, heat oil over medium heat.
- Add onion and garlic; cook 2 to 3 minutes, stirring constantly, until onion is tender.
- Add bell pepper, peas and 2 tablespoons water; cook and stir 2 to 3 minutes or until peas are crisp-tender.
- Stir in cooked rice mixture; cook and stir 1 to 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:9.6, Inflammation Score:-8, Nutrition Score:10.160869673542%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 108.09kcal (5.4%), Fat: 1.46g (2.24%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 18.94g (6.89%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 200.57mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin C: 46.26mg (56.08%), Manganese: 0.92mg (45.98%), Vitamin A: 980.34IU (19.61%), Vitamin B6: 0.24mg (12%), Magnesium: 42.65mg (10.66%), Vitamin B1: 0.15mg (10.27%), Vitamin K: 10.58µg (10.08%), Fiber: 2.23g (8.93%), Phosphorus: 82.92mg (8.29%), Folate: 29.65µg

(7.41%), Iron: 1.2mg (6.65%), Vitamin B3: 1.32mg (6.6%), Vitamin B5: 0.64mg (6.43%), Potassium: 185.78mg (5.31%), Copper: 0.11mg (5.26%), Zinc: 0.6mg (4.01%), Vitamin E: 0.51mg (3.37%), Vitamin B2: 0.06mg (3.33%), Calcium: 28.76mg (2.88%)