



WHATSheATE



Summer Veggie Rice Bowl



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup torn basil fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups brown rice cooled cooked room temperature
- ☐ 1 cup edamame green frozen shelled thawed (soybeans)
- ☐ 1 cup grape tomatoes halved
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated

- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 ounce parmesan cheese fresh shaved
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 cups zucchini chopped

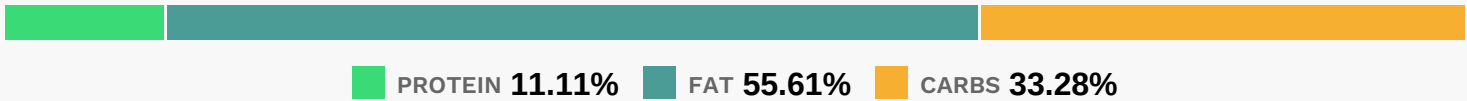
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 9 ingredients in a large bowl, and toss until well blended.
- ☐ Heat a medium skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Add zucchini; saut 4 minutes, stirring occasionally.
- ☐ Add zucchini and remaining 2 tablespoons oil to rice mixture; toss. Top with shaved Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:58.55, Glycemic Load:8.01, Inflammation Score:-7, Nutrition Score:14.36695622588%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 302.49kcal (15.12%), Fat: 19.29g (29.67%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 21.71g (7.89%), Sugar: 4.19g (4.66%), Cholesterol: 2.41mg (0.8%), Sodium: 646.31mg (28.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Manganese: 1.66mg (83.09%), Vitamin K: 29.19µg (27.8%), Vitamin C: 22.45mg (27.22%), Vitamin E: 2.63mg (17.51%), Magnesium: 69.57mg (17.39%), Fiber: 4.27g (17.07%), Phosphorus: 158.56mg (15.86%), Potassium: 546.01mg (15.6%), Iron: 2.36mg (13.1%), Vitamin B6: 0.25mg (12.54%), Vitamin A: 624.52IU (12.49%), Copper: 0.24mg (11.82%), Calcium: 102.3mg (10.23%), Vitamin B1: 0.14mg (9.64%), Zinc: 1.34mg (8.95%), Vitamin B3: 1.79mg (8.94%), Folate: 30.63µg (7.66%), Vitamin B2: 0.11mg (6.42%), Vitamin B5: 0.48mg (4.83%), Selenium: 1.02µg (1.45%)