



WHATSheATE



Sweet Tea Rice with Jalapeño, Peaches, and Pecans



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



223 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 large jalapeno minced seeded
- ☐ 1 large peaches fresh diced peeled
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup rice long-grain uncooked

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 cups freshly tea sweetened

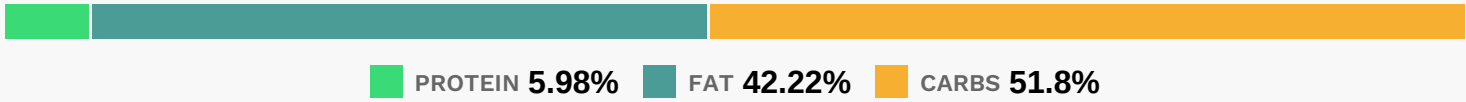
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring tea to a boil in a 3-qt. saucepan over medium-high heat; stir in rice and 1/2 tsp. salt. Cover, reduce heat to low, and simmer 20 minutes or until tea is absorbed and rice is tender.
- ☐ Meanwhile, melt butter in a large skillet over medium heat; add pecans, and cook, stirring often, 3 to 4 minutes or until toasted and fragrant.
- ☐ Add jalapeo, and saut 1 minute. Stir in hot cooked rice, diced fresh peach, chives, 1/4 tsp. salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:15.93, Inflammation Score:-5, Nutrition Score:6.2713043897048%

Flavonoids

Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 7.15mg, Epigallocatechin: 7.15mg, Epigallocatechin: 7.15mg, Epigallocatechin: 7.15mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg Epigallocatechin 3-gallate: 7.66mg, Epigallocatechin 3-gallate: 7.66mg, Epigallocatechin 3-gallate: 7.66mg, Epigallocatechin 3-gallate: 7.66mg Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.06mg, Quercetin:

2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg

Nutrients (% of daily need)

Calories: 222.84kcal (11.14%), Fat: 10.62g (16.34%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 27.52g (10.01%), Sugar: 2.95g (3.28%), Cholesterol: 10.03mg (3.34%), Sodium: 328.49mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.73mg (5.24%), Protein: 3.38g (6.77%), Manganese: 0.95mg (47.49%), Copper: 0.21mg (10.53%), Selenium: 5.68µg (8.11%), Fiber: 1.81g (7.24%), Phosphorus: 69.97mg (7%), Magnesium: 24.2mg (6.05%), Vitamin B1: 0.09mg (6.01%), Zinc: 0.84mg (5.62%), Vitamin A: 264.16IU (5.28%), Vitamin C: 4.35mg (5.28%), Vitamin B5: 0.46mg (4.6%), Vitamin B6: 0.09mg (4.39%), Vitamin B3: 0.87mg (4.35%), Potassium: 146.94mg (4.2%), Vitamin E: 0.57mg (3.78%), Iron: 0.62mg (3.43%), Vitamin K: 3.18µg (3.03%), Vitamin B2: 0.05mg (3%), Folate: 11.46µg (2.86%), Calcium: 18.57mg (1.86%)