



## Yellow Rice with Spring Peas

 Vegetarian  Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

### Ingredients

- 0.8 cup less-sodium chicken broth fat-free
- 0.5 teaspoon ground turmeric
- 0.5 cup onion chopped
- 0.5 cup peas green frozen
- 3.5 ounce boil-in-bag rice long-grain
- 0.1 teaspoon salt
- 0.5 cup water

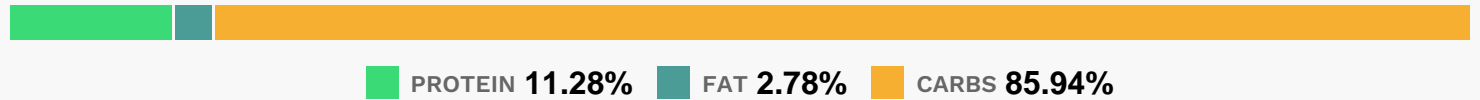
### Equipment

frying pan

## Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion to pan; saut 4 minutes or until tender.
- Cut open rice bag; pour rice into pan.
- Add turmeric; saut 2 minutes.
- Add broth, 1/2 cup water, and salt; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until rice is tender and liquid is absorbed. Stir in peas.

## Nutrition Facts



## Properties

Glycemic Index:34.38, Glycemic Load:13.05, Inflammation Score:-9, Nutrition Score:4.7147825347341%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 115.81kcal (5.79%), Fat: 0.35g (0.54%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 22.78g (8.29%), Sugar: 1.98g (2.2%), Cholesterol: 0mg (0%), Sodium: 251.27mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Manganese: 0.39mg (19.72%), Vitamin C: 8.79mg (10.66%), Selenium: 5.12µg (7.31%), Fiber: 1.75g (6.99%), Phosphorus: 59.25mg (5.93%), Copper: 0.11mg (5.43%), Vitamin B6: 0.11mg (5.29%), Vitamin B3: 1.05mg (5.25%), Vitamin B1: 0.08mg (5.21%), Folate: 18.09µg (4.52%), Vitamin K: 4.63µg (4.41%), Magnesium: 15.39mg (3.85%), Iron: 0.67mg (3.73%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.35mg (3.46%), Potassium: 121.05mg (3.46%), Vitamin B2: 0.05mg (3%), Vitamin A: 139.06IU (2.78%), Calcium: 19.17mg (1.92%), Vitamin B12: 0.09µg (1.42%)