



Zesty pomegranate rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

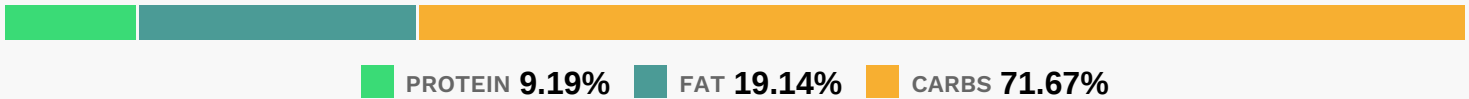
- ☐ 500 ml vegetable stock
- ☐ 250 g rice
- ☐ 100 g pomegranate seeds
- ☐ 1 tsp coriander seeds crushed
- ☐ 1 tsp ground cumin
- ☐ 50 g almonds flaked toasted
- ☐ 1 orange zest

Equipment

Directions

- ☐ Bring the stock and rice to the boil, then simmer for 10 mins.
- ☐ Drain the rice and set aside to rest for 5 mins.
- ☐ Add the pomegranate, coriander seeds, cumin, most of the toasted almonds, orange zest and seasoning.
- ☐ Sprinkle with the remaining toasted almonds.

Nutrition Facts



Properties

Glycemic Index:47.05, Glycemic Load:33.38, Inflammation Score:-5, Nutrition Score:10.549130429392%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 333.58kcal (16.68%), Fat: 7.14g (10.98%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 60.15g (20.05%), Net Carbohydrates: 56.22g (20.44%), Sugar: 5.11g (5.68%), Cholesterol: 0mg (0%), Sodium: 501.73mg (21.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Manganese: 1.02mg (51.03%), Vitamin E: 3.44mg (22.95%), Copper: 0.32mg (15.86%), Fiber: 3.93g (15.74%), Selenium: 10.25µg (14.64%), Phosphorus: 145.97mg (14.6%), Magnesium: 56.35mg (14.09%), Vitamin B2: 0.19mg (11.3%), Vitamin C: 6.76mg (8.2%), Iron: 1.47mg (8.16%), Zinc: 1.21mg (8.08%), Vitamin B5: 0.8mg (8.01%), Vitamin B3: 1.59mg (7.93%), Vitamin B6: 0.15mg (7.29%), Potassium: 243.5mg (6.96%), Calcium: 66.3mg (6.63%), Vitamin B1: 0.09mg (6.26%), Vitamin A: 283.54IU (5.67%), Folate: 20.95µg (5.24%), Vitamin K: 4.19µg (3.99%)