



A Homemade San Francisco Treat: Chicken Vermicelli Rice

READY IN



35 min.

SERVINGS



4

CALORIES



212 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon chicken soup base
- ☐ 2 teaspoons parsley dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 cup broken pieces vermicelli pasta
- ☐ 3 cups water
- ☐ 1 cup rice white

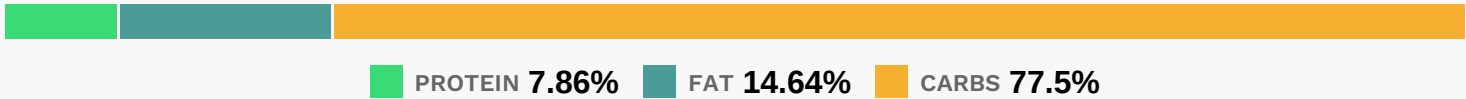
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat. Cook rice and vermicelli in hot butter until browned, about 3 minutes.
- ☐ Pour water over the rice mixture. Stir chicken bouillon, parsley, garlic powder, and onion powder into the water; bring to a boil, place a cover on the saucepan, reduce heat to low, and cook until the water has absorbed into the rice and pasta, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:39.55, Glycemic Load:23.39, Inflammation Score:-1, Nutrition Score:4.1934782201829%

Flavonoids

Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg

Nutrients (% of daily need)

Calories: 212.35kcal (10.62%), Fat: 3.38g (5.2%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 39.49g (14.36%), Sugar: 0.39g (0.43%), Cholesterol: 7.69mg (2.56%), Sodium: 332.78mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Manganese: 0.55mg (27.39%), Selenium: 9.81µg (14.01%), Copper: 0.14mg (7.16%), Phosphorus: 64.59mg (6.46%), Vitamin B5: 0.5mg (4.99%), Vitamin B6: 0.09mg (4.35%), Vitamin B3: 0.84mg (4.21%), Magnesium: 16.58mg (4.15%), Zinc: 0.59mg (3.95%), Fiber: 0.77g (3.08%), Vitamin B1: 0.04mg (2.58%), Iron: 0.46mg (2.55%), Calcium: 23.44mg (2.34%), Potassium: 71.06mg (2.03%), Vitamin B2: 0.03mg (1.94%), Vitamin A: 88.46IU (1.77%), Folate: 5.14µg (1.28%)