



Almond Currant Rice

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

Ingredients




- 0.3 cup almonds toasted chopped
- 2 tablespoons butter
- 0.3 cup currants dried
- 0.3 teaspoon salt
- 2 cups rice white uncooked minute®

Equipment

Directions

Prepare rice according to package directions, adding butter and salt. Just before serving, stir in almonds and currants.

Nutrition Facts

 **PROTEIN 7.64%**  **FAT 20.9%**  **CARBS 71.46%**

Properties

Glycemic Index:36.55, Glycemic Load:46.23, Inflammation Score:-3, Nutrition Score:10.36130438745%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 465.66kcal (23.28%), Fat: 10.77g (16.56%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 82.82g (27.61%), Net Carbohydrates: 80.1g (29.13%), Sugar: 6.11g (6.79%), Cholesterol: 15.05mg (5.02%), Sodium: 198.94mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Manganese: 1.25mg (62.66%), Selenium: 14.47µg (20.67%), Vitamin E: 2.56mg (17.08%), Copper: 0.32mg (16.12%), Phosphorus: 159.95mg (16%), Magnesium: 50.64mg (12.66%), Fiber: 2.72g (10.86%), Vitamin B5: 0.99mg (9.92%), Vitamin B3: 1.95mg (9.76%), Vitamin B2: 0.16mg (9.55%), Vitamin B6: 0.19mg (9.54%), Zinc: 1.33mg (8.85%), Potassium: 243.53mg (6.96%), Iron: 1.24mg (6.91%), Vitamin B1: 0.1mg (6.52%), Calcium: 59.63mg (5.96%), Vitamin A: 181.59IU (3.63%), Folate: 12.44µg (3.11%)