

Apple Spice Rice

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 1.5 cups chicken broth
- 1 clove garlic minced
- 0.5 cup golden raisins
- 1 cup rice long grain
- 0.5 cup onion finely chopped
- 1 small baking apples are apples that have a sweet-tart balance and hold their shape when diced cored peeled

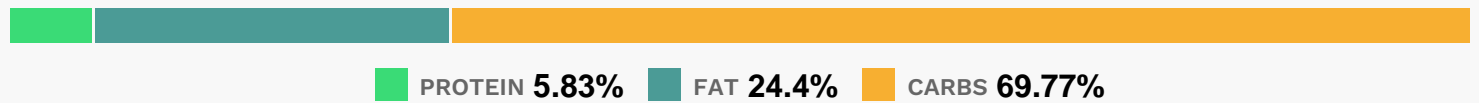
Equipment

sauce pan

Directions

- Melt butter in a saucepan over medium heat. Stir in rice, onion, garlic, apple and raisins.
- Saute for 3 to 4 minutes. Stir in chicken broth, and bring to a boil. Reduce heat, cover, and simmer for 16 to 18 minutes, or until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:64.21, Glycemic Load:31.86, Inflammation Score:-3, Nutrition Score:6.5878260472546%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 332.61kcal (16.63%), Fat: 9.18g (14.12%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 59.04g (19.68%), Net Carbohydrates: 56.46g (20.53%), Sugar: 15.9g (17.66%), Cholesterol: 24.34mg (8.11%), Sodium: 400.25mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Manganese: 0.65mg (32.55%), Selenium: 7.77µg (11.11%), Fiber: 2.58g (10.3%), Copper: 0.2mg (10.04%), Vitamin B6: 0.18mg (9.16%), Phosphorus: 91.12mg (9.11%), Potassium: 278.85mg (7.97%), Vitamin B2: 0.13mg (7.57%), Vitamin B3: 1.21mg (6.03%), Magnesium: 23.05mg (5.76%), Vitamin A: 284.74IU (5.69%), Vitamin B5: 0.57mg (5.66%), Vitamin C: 4.01mg (4.86%), Iron: 0.86mg (4.76%), Vitamin B1: 0.07mg (4.66%), Zinc: 0.69mg (4.61%), Calcium: 36.79mg (3.68%), Vitamin E: 0.42mg (2.82%), Folate: 9.5µg (2.37%), Vitamin K: 2.33µg (2.22%)