



Back Bones and Rice

 Gluten Free

READY IN



85 min.

SERVINGS



10

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.5 cup butter 1 stick
- ☐ 0.5 cup green onion chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon ground pepper red
- ☐ 1 cup onion chopped
- ☐ 3 pounds pork back bones country-style
- ☐ 1 tablespoon salt to taste

- ☐ 8 cups water
- ☐ 3 cups rice raw white

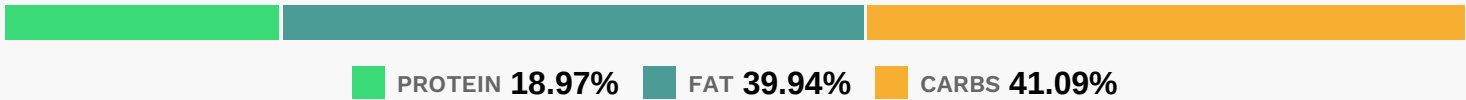
Equipment

- ☐ pot

Directions

- ☐ In a stockpot, combine the backbones, onion, butter, and seasonings.
- ☐ Add the water, bring to a boil, cover, and cook at a low boil for 40 minutes.
- ☐ Add the rice to the pot and return to a boil, stirring well. Boil for 10 minutes, then reduce the heat, add green onions, cover the pot, and simmer for 10 minutes or until rice is done.
- ☐ Remove the bay leaves and serve.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:27.16, Inflammation Score:-4, Nutrition Score:14.820434746535%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 460.36kcal (23.02%), Fat: 20.1g (30.92%), Saturated Fat: 8.05g (50.3%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 45.27g (16.46%), Sugar: 0.89g (0.99%), Cholesterol: 89.86mg (29.95%), Sodium: 840.13mg (36.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.95%), Selenium: 37.2µg (53.15%), Manganese: 0.68mg (33.8%), Vitamin B6: 0.6mg (29.82%), Vitamin B1: 0.38mg (25.47%), Phosphorus: 244.68mg (24.47%), Zinc: 3.15mg (21%), Vitamin B5: 2.02mg (20.25%), Vitamin B3: 3.68mg (18.42%), Vitamin B2: 0.27mg (15.62%), Vitamin B12: 0.9µg (15.06%), Copper: 0.24mg (11.79%), Potassium: 391.97mg (11.2%), Vitamin K: 11.75µg (11.19%), Magnesium: 37.87mg (9.47%), Vitamin A: 427.05IU (8.54%), Iron: 1.36mg (7.55%), Calcium: 52.55mg (5.25%), Fiber: 1.24g (4.95%), Vitamin E: 0.62mg (4.13%), Vitamin D: 0.62µg (4.13%), Folate: 11.32µg (2.83%), Vitamin C: 2.29mg (2.78%)