



Basmati Rice with Sweet Onions and Summer Herbs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 10 ounces rice
- ☐ 2 tablespoons butter ()
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 2 tablespoons tarragon fresh finely chopped
- ☐ 3 tablespoons parsley fresh italian finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 2 cups onion sweet chopped (such as Vidalia or Walla Walla)

☐ 2.5 cups water

Equipment

☐ bowl

☐ sauce pan

Directions

☐ Rinse rice under cold water until water runs clear; set aside. Melt butter in large saucepan over medium-high heat.

☐ Add onions; sauté until translucent, about 5 minutes.

☐ Add rice, 2 1/2 cups water, and 1 1/2 teaspoons salt; bring to boil. Reduce heat to low, cover, and cook until rice is tender, about 15 minutes.

☐ Remove from heat and let stand, covered, 10 minutes. Stir in herbs. Season with pepper and more salt, if desired.

☐ Transfer to bowl and serve.

☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:38.03, Glycemic Load:23.46, Inflammation Score:-5, Nutrition Score:8.0539130594419%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 230.65kcal (11.53%), Fat: 4.33g (6.65%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 41.78g (15.19%), Sugar: 2.75g (3.06%), Cholesterol: 10.03mg (3.34%), Sodium: 625.58mg (27.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Manganese: 0.75mg (37.34%), Vitamin K: 33.33µg (31.75%), Selenium: 7.55µg (10.79%), Vitamin B6: 0.21mg (10.26%), Copper: 0.17mg (8.45%), Vitamin C: 6.5mg (7.88%), Vitamin A: 393.92IU (7.88%), Phosphorus: 78.41mg (7.84%), Iron: 1.41mg (7.83%), Magnesium: 26.88mg (6.72%), Folate: 25.82µg (6.45%), Calcium: 57.95mg (5.79%), Potassium: 201.57mg (5.76%), Vitamin B5: 0.55mg (5.45%), Fiber: 1.34g (5.34%), Vitamin B3: 1.07mg (5.33%), Zinc: 0.71mg (4.76%), Vitamin B1: 0.06mg (4.19%), Vitamin B2: 0.07mg (4.06%), Vitamin E: 0.19mg (1.24%)