

Brazilian White Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons onion minced
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 4 cups water hot
- ☐ 2 cups rice long-grain white

Equipment

- ☐ sauce pan

☐ colander

Directions

- ☐ Place the rice in a colander and rinse thoroughly with cold water; set aside.
- ☐ Heat the oil in a saucepan over medium heat. Cook the onion in the oil for one minute. Stir in the garlic and cook until the garlic is golden brown.
- ☐ Add the rice and salt and cook and stir until the rice begins to brown.
- ☐ Pour hot water over rice mixture and stir. Reduce heat to low, cover the saucepan, and allow to simmer until the water has been absorbed, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:22.38, Inflammation Score:-1, Nutrition Score:3.8926086736762%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 200.99kcal (10.05%), Fat: 3.71g (5.71%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 36.8g (13.38%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 299.14mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Manganese: 0.52mg (25.99%), Selenium: 7.1µg (10.15%), Copper: 0.12mg (6.21%), Vitamin K: 6.32µg (6.02%), Phosphorus: 55.06mg (5.51%), Vitamin B5: 0.48mg (4.77%), Vitamin B6: 0.09mg (4.41%), Vitamin B3: 0.75mg (3.74%), Zinc: 0.53mg (3.53%), Magnesium: 13.19mg (3.3%), Fiber: 0.66g (2.64%), Vitamin B1: 0.04mg (2.34%), Vitamin E: 0.33mg (2.2%), Iron: 0.39mg (2.17%), Calcium: 18.61mg (1.86%), Potassium: 59.9mg (1.71%), Vitamin B2: 0.02mg (1.42%), Folate: 4.2µg (1.05%)