



Brown Rice, Tomatoes and Basil

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- 1 cup basil leaves packed chopped (1 large bunch)
- 6 servings pepper black freshly ground
- 1 cup texmati brown rice
- 2 teaspoons kosher salt divided
- 1 tablespoon olive oil good
- 0.3 cup rice wine vinegar
- 2 teaspoons sugar
- 1 pound tomatoes ripe

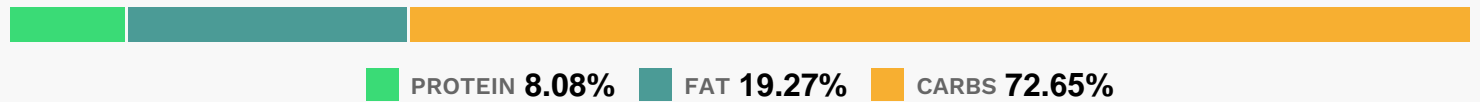
Equipment

- bowl
- whisk

Directions

- Bring 2 1/4 cups water to a boil and add the rice and 1 teaspoon of the salt. Return to a boil, cover, and simmer for 30 to 40 minutes, until the rice is tender and all the water is absorbed.
- Transfer the rice to a bowl.
- Whisk together the vinegar, sugar, olive oil, remaining teaspoon of salt, and a pinch of pepper.
- Pour over the rice.
- Add the tomatoes and basil.
- Mix well and check the seasonings.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:53.14, Glycemic Load:15.29, Inflammation Score:-7, Nutrition Score:10.033478300857%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 157.08kcal (7.85%), Fat: 3.37g (5.18%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 26.49g (9.63%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 780.66mg (33.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Manganese: 1.34mg (66.9%), Vitamin K: 24.14µg (22.99%), Vitamin A: 841.28IU (16.83%), Magnesium: 56.46mg (14.11%), Vitamin C: 11.08mg (13.43%), Vitamin B6: 0.23mg (11.41%), Vitamin B1: 0.16mg (10.68%), Phosphorus: 104.57mg (10.46%), Vitamin B3: 1.85mg (9.25%), Fiber: 2.07g (8.29%), Potassium: 277.59mg (7.93%), Copper: 0.15mg (7.52%), Vitamin B5: 0.55mg (5.5%), Zinc: 0.81mg (5.37%), Iron: 0.93mg (5.19%), Vitamin E: 0.78mg (5.18%), Folate: 20.41µg (5.1%), Calcium: 26.69mg (2.67%), Vitamin

B2: 0.03mg (1.85%)