



## Brown Rice With Feta, Pistachios, and Mint

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 0.3 cup feta cheese crumbled
- 3 tablespoons mint leaves fresh chopped
- 0.5 teaspoon lemon zest
- 0.5 teaspoon pepper
- 0.3 cup pistachios chopped
- 2 cups quick-cooking brown rice uncooked
- 1 teaspoon salt

2 shallots minced

## Equipment

sauce pan

## Directions

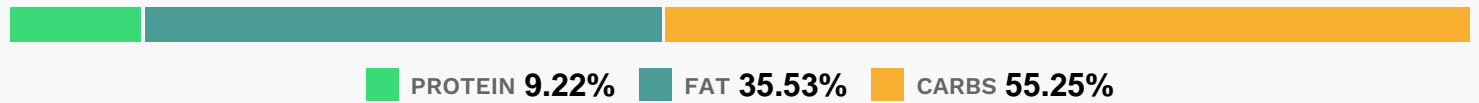
Melt butter in a medium saucepan over medium-high heat.

Add shallots, and saut 1 minute. Stir in salt and 3 1/4 cups water; bring to a boil. Stir in brown rice; cover, reduce heat to low, and cook 10 minutes or until water is absorbed and rice is tender. Stir in feta cheese and next 4 ingredients.

Note: We tested with Uncle Ben's Whole Grain Fast & Natural Instant Brown Rice.

Long-Grain Rice With Feta, Pistachios, and Mint: Substitute 1 cup uncooked long-grain rice for 2 cups quick-cooking brown rice. Reduce water to 2 cups. Cook, covered, 20 minutes or until water is absorbed and rice is tender. Prep: 15 min., Cook: 25 min.

## Nutrition Facts



## Properties

Glycemic Index:19.63, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:5.6934782603513%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 147kcal (7.35%), Fat: 5.82g (8.96%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 19.17g (6.97%), Sugar: 0.81g (0.89%), Cholesterol: 11.7mg (3.9%), Sodium: 370.18mg (16.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Folate: 66.99µg (16.75%), Vitamin B1: 0.25mg

(16.36%), Manganese: 0.32mg (15.81%), Selenium: 9.09µg (12.98%), Iron: 1.72mg (9.57%), Vitamin B3: 1.65mg (8.25%), Vitamin B6: 0.14mg (6.81%), Phosphorus: 66.17mg (6.62%), Copper: 0.1mg (5.16%), Fiber: 1.2g (4.8%), Vitamin A: 203.84IU (4.08%), Calcium: 40.49mg (4.05%), Zinc: 0.58mg (3.86%), Vitamin B2: 0.06mg (3.5%), Magnesium: 11.67mg (2.92%), Potassium: 82.41mg (2.35%), Vitamin B5: 0.19mg (1.89%), Vitamin C: 1.47mg (1.79%), Vitamin B12: 0.09µg (1.42%), Vitamin E: 0.19mg (1.27%)