



WHATSheATE



Browned Butter and Sage Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1.5 teaspoons sage fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups unseasoned rice simmered in water long-grain white hot cooked

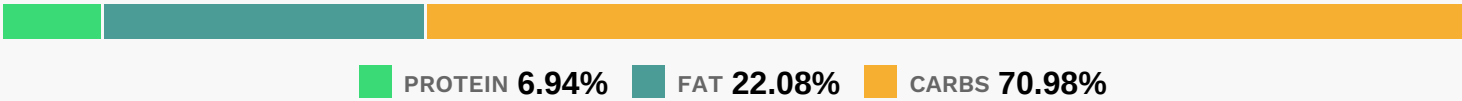
Equipment

- ☐ frying pan

Directions

- ☐
- Start with hot cooked rice simmered in water.
- ☐
- Heat butter in a skillet over medium-high heat; cook 1 minute or until butter begins to brown. Stir butter, sage, kosher salt, and black pepper into rice.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:23.92, Inflammation Score:-1, Nutrition Score:6.9330435476225%

Nutrients (% of daily need)

Calories: 129.04kcal (6.45%), Fat: 3.1g (4.77%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 22.04g (8.01%), Sugar: 0.04g (0.05%), Cholesterol: 7.53mg (2.51%), Sodium: 168.69mg (7.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Copper: 2.33mg (116.45%), Manganese: 0.46mg (22.79%), Selenium: 5.96µg (8.52%), Vitamin B6: 0.07mg (3.69%), Phosphorus: 35.19mg (3.52%), Vitamin B5: 0.31mg (3.13%), Magnesium: 10.94mg (2.73%), Zinc: 0.41mg (2.7%), Vitamin A: 87.81IU (1.76%), Vitamin B3: 0.32mg (1.59%), Fiber: 0.39g (1.54%), Calcium: 14.02mg (1.4%), Iron: 0.25mg (1.39%), Vitamin B1: 0.02mg (1.22%)