



## Buttery Rice with Vermicelli

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



746 kcal

SIDE DISH

### Ingredients

- 3 servings almond-raisin butter
- 0.3 cup butter
- 3 cups chicken broth fat-free
- 0.5 teaspoon pepper
- 2 cups rice long-grain uncooked
- 0.5 cup vermicelli uncooked
- 0.5 teaspoon salt

### Equipment

- bowl
- sauce pan

## Directions

- Combine rice and water to cover in a large bowl. Scrub rice with hands; drain. Repeat procedure 4 times or until water is no longer cloudy. Soak rice in water to cover 3 hours; drain.
- Melt butter in a 4-quart saucepan over medium-high heat; add pasta, and saute 5 minutes or until golden.
- Add rice; cook, stirring constantly, 1 minute. Stir in broth, salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Spoon into a serving dish.
- Drizzle with Almond-Raisin Butter.

## Nutrition Facts



## Properties

Glycemic Index:50.4, Glycemic Load:78.06, Inflammation Score:-5, Nutrition Score:13.545652075468%

## Nutrients (% of daily need)

Calories: 745.76kcal (37.29%), Fat: 17.21g (26.48%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 132.32g (44.11%), Net Carbohydrates: 129.9g (47.23%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 1572.46mg (68.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Manganese: 1.63mg (81.4%), Selenium: 29.61µg (42.3%), Phosphorus: 237.09mg (23.71%), Copper: 0.36mg (17.96%), Vitamin B3: 3.37mg (16.83%), Vitamin B5: 1.57mg (15.67%), Vitamin A: 678.48IU (13.57%), Vitamin B6: 0.24mg (12.18%), Zinc: 1.72mg (11.46%), Magnesium: 41.77mg (10.44%), Fiber: 2.42g (9.69%), Iron: 1.65mg (9.17%), Vitamin B12: 0.47µg (7.88%), Vitamin B1: 0.12mg (7.81%), Vitamin B2: 0.13mg (7.75%), Potassium: 241.7mg (6.91%), Vitamin E: 0.97mg (6.45%), Calcium: 61.57mg (6.16%), Folate: 14.1µg (3.52%)