



Caramelized Onion Rice

 Gluten Free

READY IN



49 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 1 teaspoon thyme leaves fresh divided
- ☐ 1 teaspoon olive oil
- ☐ 1 large onion thinly sliced
- ☐ 1 tablespoon parmesan cheese fresh shredded
- ☐ 0.8 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt

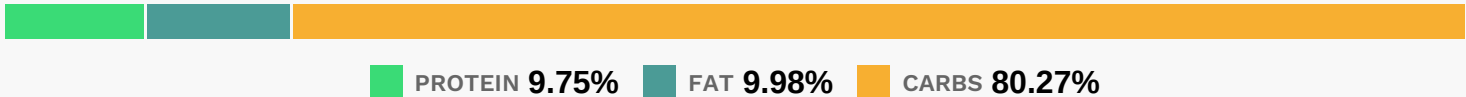
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat; add onion. Cook 20 to 22 minutes or until onion is golden brown, stirring frequently.
- ☐ Add 1/2 teaspoon fresh thyme and next 3 ingredients to onion; bring to a boil.
- ☐ Add rice. Cover, reduce heat to medium-low, and simmer 18 to 20 minutes or until liquid is absorbed and rice is tender.
- ☐ Remove from heat, and fluff rice with a fork. Stir in remaining 1/2 teaspoon thyme and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:48.05, Glycemic Load:17.53, Inflammation Score:-6, Nutrition Score:4.6295652016997%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 159.89kcal (7.99%), Fat: 1.75g (2.69%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 31.68g (10.56%), Net Carbohydrates: 30.45g (11.07%), Sugar: 1.77g (1.97%), Cholesterol: 0.85mg (0.28%), Sodium: 662.22mg (28.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Manganese: 0.48mg (23.83%), Selenium: 7.59µg (10.85%), Phosphorus: 69.73mg (6.97%), Vitamin B6: 0.12mg (5.87%), Copper: 0.11mg (5.69%), Vitamin B3: 1.09mg (5.44%), Vitamin B5: 0.51mg (5.11%), Fiber: 1.22g (4.89%), Vitamin C: 3.58mg (4.33%), Calcium: 39.87mg (3.99%), Magnesium: 15.06mg (3.76%), Potassium: 127.77mg (3.65%), Zinc: 0.51mg (3.37%), Iron: 0.61mg (3.36%), Vitamin B1: 0.05mg (3.23%), Vitamin B12: 0.19µg (3.09%), Vitamin B2: 0.05mg (3.06%), Folate: 11.11µg (2.78%), Vitamin E: 0.19mg (1.3%), Vitamin K: 1.22µg (1.16%)