



Chicken Bouillon Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients



2 cubes chicken bouillon



4 cups water



2 cups rice white uncooked

Equipment

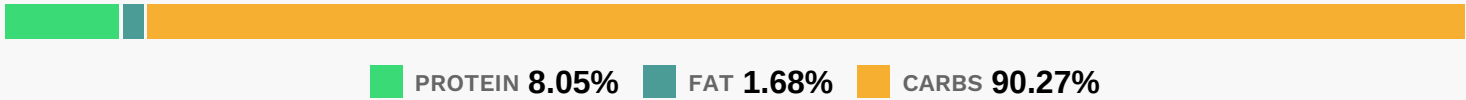


sauce pan

Directions

- ☐ In a saucepan bring water to a boil.
- ☐ Add rice and bouillon and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ Mix well before serving.

Nutrition Facts



Properties

Glycemic Index:7.65, Glycemic Load:22.26, Inflammation Score:-1, Nutrition Score:3.3799999929641%

Nutrients (% of daily need)

Calories: 168.82kcal (8.44%), Fat: 0.31g (0.47%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 36.38g (13.23%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 9.23mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Manganese: 0.5mg (25.16%), Selenium: 6.99µg (9.98%), Copper: 0.12mg (6.04%), Phosphorus: 53.19mg (5.32%), Vitamin B5: 0.47mg (4.69%), Vitamin B6: 0.08mg (3.79%), Vitamin B3: 0.74mg (3.7%), Zinc: 0.52mg (3.44%), Magnesium: 12.75mg (3.19%), Fiber: 0.6g (2.4%), Vitamin B1: 0.03mg (2.16%), Iron: 0.37mg (2.06%), Calcium: 16.51mg (1.65%), Potassium: 53.2mg (1.52%), Vitamin B2: 0.02mg (1.33%)