



Creamy Asparagus and Lemon Oven Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus ends trimmed cut into bite sizes
- ☐ 3 tablespoons butter melted
- ☐ 4 garlic cloves finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup onion grated
- ☐ 1 cup parmesan cheese grated
- ☐ 5.5 cups rice
- ☐ 4 servings salt and pepper

- ☐ 3 cups vegetable broth
- ☐ 0.3 cup white wine

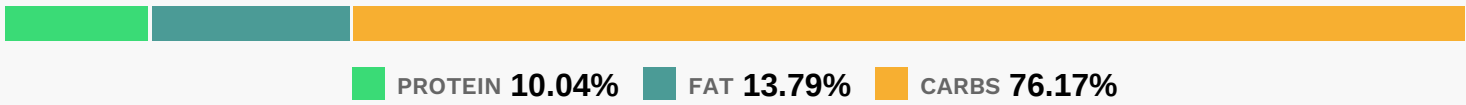
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Place all the ingredients in a baking dish, except the asparagus and parmesan cheese.Stir, cover with aluminum foil and transfer to the oven and bake for 20 minutes,
- ☐ Add the asparagus and stir well and continue baking for 5 minutes more or until the rice is tender and the liquid is absorbed.
- ☐ Remove the rice from the oven and stir in the cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.05, Glycemic Load:124.62, Inflammation Score:-9, Nutrition Score:29.839130404203%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 17.97mg, Quercetin: 17.97mg, Quercetin: 17.97mg, Quercetin: 17.97mg

Nutrients (% of daily need)

Calories: 1162.92kcal (58.15%), Fat: 17.37g (26.73%), Saturated Fat: 9.79g (61.16%), Carbohydrates: 215.97g (71.99%), Net Carbohydrates: 210.03g (76.37%), Sugar: 4.75g (5.27%), Cholesterol: 44.33mg (14.77%), Sodium: 1420.53mg (61.76%), Alcohol: 1.54g (100%), Alcohol %: 0.32% (100%), Protein: 28.46g (56.92%), Manganese: 3.05mg (152.5%), Selenium: 50.37µg (71.96%), Phosphorus: 523.31mg (52.33%), Vitamin K: 48.74µg (46.42%), Copper: 0.8mg (39.94%), Vitamin A: 1712.27IU (34.25%), Calcium: 331.61mg (33.16%), Zinc: 4.55mg (30.34%), Vitamin B5: 3.03mg (30.3%), Vitamin B6: 0.6mg (30.05%), Vitamin B3: 5.26mg (26.29%), Iron: 4.7mg (26.09%), Vitamin B1: 0.36mg (24.04%), Fiber: 5.94g (23.77%), Magnesium: 92.13mg (23.03%), Vitamin B2: 0.38mg (22.57%), Folate: 84.77µg (21.19%), Potassium: 615.16mg (17.58%), Vitamin C: 10.93mg (13.25%), Vitamin E: 1.95mg (12.99%), Vitamin B12: 0.36µg (5.92%)