



Crimson Rice

 **Gluten Free**

READY IN



15 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- 1.5 cups beets fresh cooked chopped
- 2 cups rice white instant uncooked
- 0.5 cup polly-o parmesan cheese shredded
- 1 env. seasons dressing mix italian good
- 2 cups water

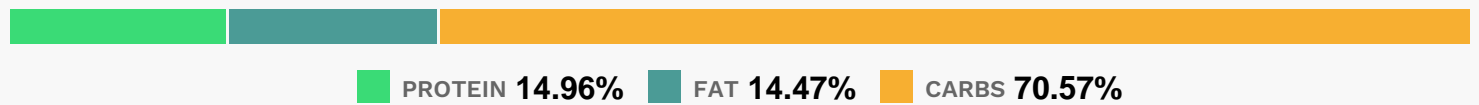
Equipment

- sauce pan

Directions

- Mix water and dressing mix in medium saucepan. Bring to boil on medium-high heat, stirring occasionally.
- Add rice and beets; mix lightly.
- Remove from heat; cover.
- Let stand 5 min. or until liquid is absorbed.
- Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.54, Inflammation Score:-4, Nutrition Score:7.3004348867613%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 156.68kcal (7.83%), Fat: 2.48g (3.82%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 25.71g (9.35%), Sugar: 2.38g (2.64%), Cholesterol: 5.67mg (1.89%), Sodium: 179.33mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Folate: 116.48µg (29.12%), Manganese: 0.4mg (19.79%), Vitamin B1: 0.28mg (18.62%), Selenium: 12.78µg (18.25%), Iron: 2.15mg (11.92%), Calcium: 112.78mg (11.28%), Vitamin B3: 2.14mg (10.72%), Phosphorus: 105.26mg (10.53%), Fiber: 1.5g (5.99%), Zinc: 0.77mg (5.11%), Copper: 0.09mg (4.58%), Magnesium: 16.29mg (4.07%), Potassium: 125.91mg (3.6%), Vitamin B6: 0.07mg (3.27%), Vitamin B2: 0.05mg (2.9%), Vitamin B5: 0.21mg (2.14%), Vitamin C: 1.67mg (2.02%), Vitamin B12: 0.1µg (1.67%), Vitamin A: 76.3IU (1.53%)