



Curried Pecan Rice

 Vegetarian  Gluten Free  Low Fod Map

READY IN



11 min.

SERVINGS



2

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon curry powder
- 1 tablespoon parsley fresh chopped
- 2 teaspoons butter light
- 2 tablespoons pecans
- 4 ounce boil-in-bag and rice mix long-grain wild
- 0.3 teaspoon salt

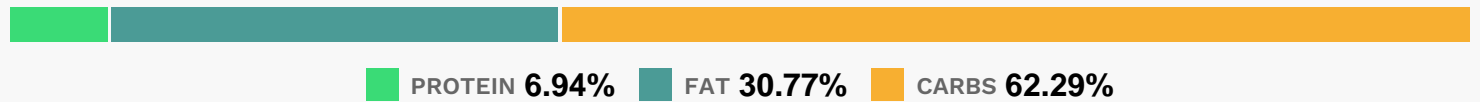
Equipment

frying pan

Directions

- Prepare rice according to package directions, omitting butter, fat, salt, and seasoning packet.
- Drain well.
- Melt 2 teaspoons butter in a nonstick skillet over medium heat.
- Add pecans; saut 3 minutes.
- Add curry powder, and saut 1 minute.
- Combine rice, pecans, salt, pepper, and parsley.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:27.38, Inflammation Score:-3, Nutrition Score:8.8260870064082%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.62kcal (15.18%), Fat: 10.38g (15.97%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 47.3g (15.77%), Net Carbohydrates: 45.31g (16.47%), Sugar: 0.5g (0.55%), Cholesterol: 5.22mg (1.74%), Sodium: 296.72mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Manganese: 1.12mg (56.21%), Vitamin K: 34.35µg (32.72%), Selenium: 9.09µg (12.99%), Copper: 0.26mg (12.77%), Phosphorus: 97.88mg (9.79%), Fiber: 1.99g (7.97%), Zinc: 1.13mg (7.53%), Magnesium: 29.23mg (7.31%), Vitamin B1: 0.11mg (7.3%), Vitamin B5: 0.67mg (6.73%), Vitamin B6: 0.12mg (6.14%), Iron: 1.06mg (5.88%), Vitamin B3: 1.07mg (5.36%), Vitamin A: 264.07IU (5.28%), Potassium: 131.88mg (3.77%), Vitamin C: 2.83mg (3.43%), Calcium: 31.68mg (3.17%), Vitamin B2: 0.05mg (2.83%), Vitamin E: 0.41mg (2.72%), Folate: 10.64µg (2.66%)