

Dressed Up Rice

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- 1 cup beef stock
- 1 cup brown rice
- 0.3 cup butter divided
- 4 servings kosher salt and pepper black freshly ground
- 0.5 onion finely chopped
- 1.3 cups water

Equipment

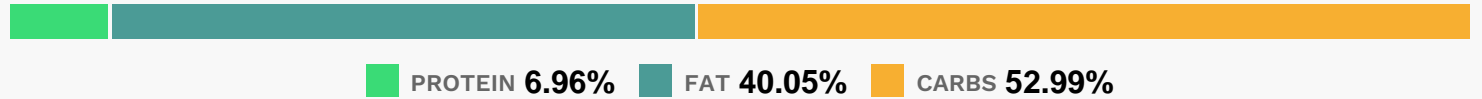
- frying pan

rice cooker

Directions

In a rice cooker, mix the rice, stock, water, and 1 tablespoon butter. Cover and cook according to machine instructions. Meanwhile, in a small saute pan over low heat, saute the onion in the remaining 3 tablespoons butter until soft and sweet, stirring occasionally, about 15 minutes. Set aside. When the rice is done, toss the rice with the onion butter and serve.;

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:20.61, Inflammation Score:-5, Nutrition Score:10.272608623556%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 287.23kcal (14.36%), Fat: 12.85g (19.77%), Saturated Fat: 7.58g (47.34%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 36.38g (13.23%), Sugar: 0.92g (1.02%), Cholesterol: 30.5mg (10.17%), Sodium: 216.19mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Manganese: 1.81mg (90.42%), Magnesium: 74.69mg (18.67%), Phosphorus: 151.55mg (15.16%), Vitamin B1: 0.22mg (14.87%), Vitamin B6: 0.29mg (14.6%), Vitamin B3: 2.59mg (12.96%), Copper: 0.18mg (9%), Potassium: 263.11mg (7.52%), Fiber: 1.87g (7.5%), Vitamin B5: 0.74mg (7.43%), Zinc: 1.11mg (7.37%), Vitamin A: 355.37IU (7.11%), Iron: 1.06mg (5.88%), Vitamin B2: 0.08mg (4.93%), Folate: 13.76µg (3.44%), Calcium: 29.7mg (2.97%), Vitamin E: 0.34mg (2.26%), Selenium: 0.94µg (1.34%), Vitamin C: 1.02mg (1.23%), Vitamin K: 1.27µg (1.21%)