



Easy Herb Rice

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- 1 teaspoon beef bouillon granules instant
- 0.5 teaspoon marjoram dried
- 2 teaspoons onion dried minced
- 0.3 teaspoon rosemary dried
- 0.5 teaspoon thyme leaves dried
- 2 cups water
- 1 cup rice white

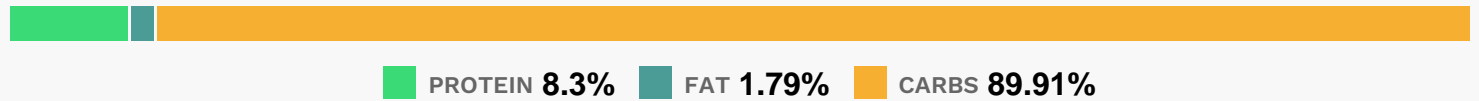
Equipment

sauce pan

Directions

- Mix water, beef bouillon, onion, thyme, marjoram, and rosemary together in a saucepan; bring to a boil.
- Add rice, reduce heat to medium-low, cover, and simmer until water is absorbed and rice is tender, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:22.26, Inflammation Score:-2, Nutrition Score:4.2321738995936%

Nutrients (% of daily need)

Calories: 178.66kcal (8.93%), Fat: 0.35g (0.53%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 38.32g (13.93%), Sugar: 1.05g (1.17%), Cholesterol: 0.02mg (0.01%), Sodium: 128.83mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Manganese: 0.55mg (27.5%), Selenium: 7.25µg (10.36%), Copper: 0.13mg (6.61%), Phosphorus: 62.07mg (6.21%), Vitamin B6: 0.12mg (5.86%), Vitamin B5: 0.5mg (5.04%), Vitamin B3: 0.79mg (3.94%), Magnesium: 15.59mg (3.9%), Zinc: 0.57mg (3.81%), Fiber: 0.88g (3.53%), Iron: 0.59mg (3.26%), Vitamin B1: 0.05mg (3.09%), Potassium: 96.44mg (2.76%), Calcium: 25.82mg (2.58%), Vitamin C: 1.92mg (2.33%), Vitamin K: 2.36µg (2.25%), Folate: 8.35µg (2.09%), Vitamin B2: 0.03mg (1.58%)