



Easy Risotto-Style Rice

 **Gluten Free**

READY IN



30 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 cups chicken broth as needed swanson®
- 1 clove garlic minced
- 1 dash ground pepper black
- 1 tablespoon parmesan cheese grated
- 1 cup regular rice long-grain white uncooked

Equipment

- sauce pan

Directions

- Cook rice and garlic in medium nonstick saucepan 2 minutes, stirring.
- Add 1/2 cup broth and cook until broth is absorbed.
- Add remaining broth, 1/2 cup at a time, stirring until broth is absorbed before adding more broth. Cook until rice is done and creamy.
- Add cheese and pepper.
- Serve immediately.

Nutrition Facts

PROTEIN 10.99% **FAT 5.36%** **CARBS 83.65%**

Properties

Glycemic Index:20.53, Glycemic Load:14.89, Inflammation Score:-1, Nutrition Score:3.1639130166529%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 125.06kcal (6.25%), Fat: 0.73g (1.12%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 25.12g (9.13%), Sugar: 0.63g (0.7%), Cholesterol: 3.47mg (1.16%), Sodium: 524.79mg (22.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Manganese: 0.41mg (20.49%), Selenium: 5.57µg (7.95%), Vitamin B2: 0.1mg (5.85%), Phosphorus: 47.02mg (4.7%), Copper: 0.09mg (4.52%), Vitamin B3: 0.8mg (3.99%), Vitamin B1: 0.05mg (3.44%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.47mg (3.16%), Vitamin B6: 0.06mg (2.87%), Magnesium: 9.52mg (2.38%), Calcium: 22.46mg (2.25%), Iron: 0.36mg (1.98%), Potassium: 63.89mg (1.83%), Fiber: 0.42g (1.66%)