



Flavorful Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

Ingredients

- 14.5 ounce canned tomatoes diced drained canned
- 0.5 teaspoon basil dried
- 1 pinch ground pepper black
- 2 tablespoons olive oil
- 0.5 teaspoon oregano dried
- 1 pinch salt
- 4.5 cups water
- 2 tablespoons distilled vinegar white

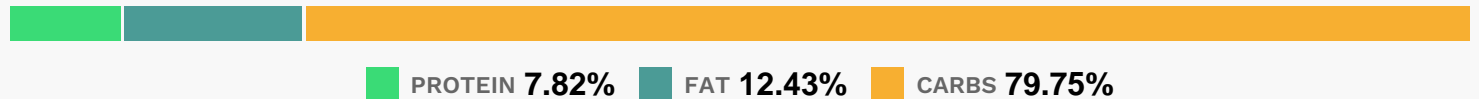
3 cups rice white uncooked

Equipment

Directions

In your rice steamer combine the water, rice, olive oil, vinegar, basil, oregano, salt, pepper and tomatoes. Cook according to steamer's settings.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:34.44, Inflammation Score:-3, Nutrition Score:8.0099999697312%

Nutrients (% of daily need)

Calories: 301.83kcal (15.09%), Fat: 4.11g (6.32%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 59.34g (19.78%), Net Carbohydrates: 57.38g (20.86%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 83.03mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.63%), Manganese: 0.87mg (43.25%), Selenium: 10.81µg (15.45%), Copper: 0.27mg (13.52%), Phosphorus: 96.76mg (9.68%), Vitamin B6: 0.19mg (9.65%), Vitamin B3: 1.75mg (8.73%), Vitamin B5: 0.85mg (8.48%), Vitamin E: 1.25mg (8.35%), Fiber: 1.96g (7.83%), Iron: 1.35mg (7.48%), Magnesium: 29.79mg (7.45%), Potassium: 233.84mg (6.68%), Vitamin K: 6.77µg (6.45%), Zinc: 0.92mg (6.11%), Vitamin B1: 0.09mg (5.83%), Vitamin C: 4.73mg (5.73%), Calcium: 44.62mg (4.46%), Vitamin B2: 0.06mg (3.66%), Folate: 12.72µg (3.18%), Vitamin A: 113.13IU (2.26%)