



Fluffy White Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients



1 cup rice long-grain uncooked



1 teaspoon vegetable oil



1.5 cups water

Equipment



bowl

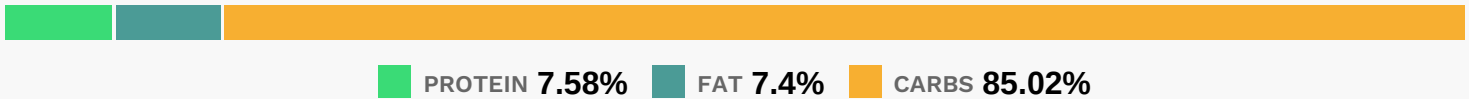


sauce pan

Directions

- ☐ Place rice in a large bowl. Rinse with water 3 or 4 times or until water is no longer cloudy.
- ☐ Drain.
- ☐ Bring rice, 1 1/2 cups water, and oil to a boil in a heavy saucepan. Cover, reduce heat, and simmer 15 minutes or until done.
- ☐ Remove from heat, and let stand 10 minutes. Fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:22.26, Inflammation Score:-1, Nutrition Score:3.4734782550646%

Nutrients (% of daily need)

Calories: 178.76kcal (8.94%), Fat: 1.43g (2.2%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 36.38g (13.23%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 6.75mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Manganese: 0.5mg (25.16%), Selenium: 6.98µg (9.98%), Copper: 0.12mg (5.8%), Phosphorus: 53.19mg (5.32%), Vitamin B5: 0.47mg (4.69%), Vitamin B6: 0.08mg (3.79%), Vitamin B3: 0.74mg (3.7%), Zinc: 0.51mg (3.42%), Magnesium: 12.45mg (3.11%), Fiber: 0.6g (2.4%), Vitamin B1: 0.03mg (2.16%), Iron: 0.37mg (2.06%), Vitamin K: 2.12µg (2.01%), Calcium: 15.61mg (1.56%), Potassium: 53.19mg (1.52%), Vitamin B2: 0.02mg (1.33%)