



Fruited Brown Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup brown rice instant uncooked
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.3 cup pecans toasted coarsely chopped
- ☐ 0.7 cup grapes green red seedless halved
- ☐ 2 tablespoons rice wine vinegar
- ☐ 0.3 teaspoon salt

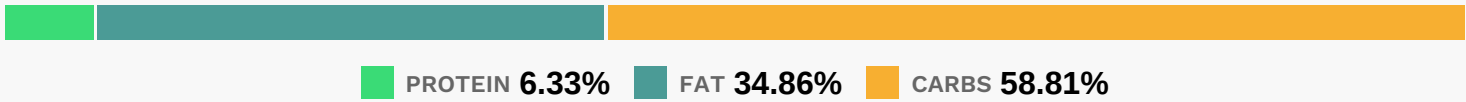
Equipment

☐ bowl

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Combine rice, grapes, and pecans in a medium bowl. Stir in vinegar and remaining ingredients.
- ☐ Serve immediately, or cover and chill up to 24 hours, if desired.
- ☐ Note: Take a hike! For fitness, that is. A few times around the block can help you lose weight, burn fat, and decrease your risk of heart disease. Walking can be done almost anywhere or anytime and it requires no equipment except a sturdy pair of shoes.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:1.64, Inflammation Score:-2, Nutrition Score:4.7043478009493%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 125.64kcal (6.28%), Fat: 4.92g (7.58%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 17.61g (6.4%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 118.58mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 0.46mg (22.91%), Vitamin B1: 0.21mg (13.96%), Folate: 48.94µg (12.23%), Selenium: 6.67µg (9.53%), Iron: 1.32mg (7.34%), Vitamin B3: 1.31mg (6.54%), Copper: 0.12mg (6.23%), Fiber: 1.08g (4.33%), Phosphorus: 39.99mg (4%), Vitamin K: 3.96µg (3.77%), Zinc: 0.51mg (3.4%), Magnesium: 10.82mg (2.71%), Vitamin B6: 0.05mg (2.52%), Potassium: 68.26mg (1.95%), Vitamin E: 0.24mg (1.59%), Vitamin B2: 0.03mg (1.55%), Vitamin B5: 0.13mg (1.34%), Calcium: 10.96mg (1.1%)