

Garlic Fried Rice



Vegetarian



Gluten Free

READY IN



34 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 small onion minced
- ☐ 2 cups water
- ☐ 1 cup rice white uncooked

Equipment

- ☐ frying pan

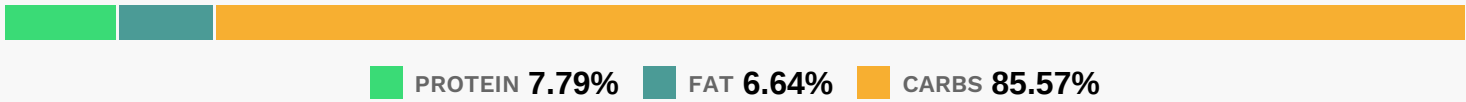
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sauce pan

Directions

- ☐ Combine the rice and water in a saucepan and bring to a boil. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed. Set aside to cool.
- ☐ Melt the butter in a large skillet over medium-high heat.
- ☐ Add onion and garlic; cook and stir until fragrant and lightly browned. Stir in rice and cook until coated and heated through.
- ☐ Remove from the heat and stir in the lemon juice.

Nutrition Facts



Properties

Glycemic Index:42.05, Glycemic Load:22.69, Inflammation Score:-2, Nutrition Score:4.0795652344823%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 186.72kcal (9.34%), Fat: 1.35g (2.08%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 38.19g (13.89%), Sugar: 0.9g (1%), Cholesterol: 2.69mg (0.9%), Sodium: 17.13mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Manganese: 0.54mg (26.94%), Selenium: 7.19µg (10.28%), Copper: 0.13mg (6.52%), Phosphorus: 60.01mg (6%), Vitamin B6: 0.11mg (5.4%), Vitamin B5: 0.5mg (5.01%), Vitamin B3: 0.77mg (3.85%), Magnesium: 14.93mg (3.73%), Zinc: 0.56mg (3.72%), Fiber: 0.93g (3.7%), Vitamin C: 2.98mg (3.61%), Vitamin B1: 0.04mg (2.86%), Potassium: 85.91mg (2.45%), Iron: 0.42mg (2.35%), Calcium: 22.41mg (2.24%), Folate: 7.84µg (1.96%), Vitamin B2: 0.03mg (1.72%)