

SIDE DISH

Garlic Rice

19 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
12 min	2 min	10 min	6	\$0.17	45 kcal

Garlic Rice requires approximately 12 minutes from start to finish. For 17 cents per serving, you get a side dish that serves 6. One portion of this dish contains about 1g of protein, 4g of fat, and a total of 45 calories. It is a good option if you're following a gluten free diet.

Ingredients

- ☐ 2 tablespoons chopped fresh parsley
- ☐ 1 1/2 tablespoons reduced-calorie margarine
- ☐ 1/4 cup grated Parmesan cheese
- ☐ 1 extra large bag boil-in-bag rice
- ☐ 1 teaspoon minced roasted garlic

Method

- 1

Cook rice according to package directions, omitting salt and fat. Stir in 1/4 cup cheese, parsley, margarine, and roasted garlic; toss well.

Nutrition per serving

45
KCAL

1 g
PROTEIN

4 g
FAT

1 g
CARBS

Saturated Fat	1.2 g · 8% of daily needs
Sugar	0 g · 0% of daily needs
Sodium	107 mg · 5% of daily needs
Cholesterol	3.6 mg · 1% of daily needs
Vitamin C	1.9 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/garlic-rice-143659