



Garlicky Brown Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 6 garlic cloves minced
- ☐ 4 tablespoons green onions thinly sliced
- ☐ 27.5 ounce no-salt-added chicken broth canned
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 cups short-grain brown rice uncooked
- ☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add rice, and saut for 1 minute.
- ☐ Add garlic; saut for 2 minutes. Stir in water, broth, and salt; bring to a boil. Cover, reduce heat, and cook over medium-low heat 45 minutes or until liquid is absorbed. Spoon into a bowl; fluff with a fork. Top with green onions.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:28.84, Inflammation Score:-4, Nutrition Score:13.193043478157%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 309.13kcal (15.46%), Fat: 7.26g (11.16%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 53.63g (17.88%), Net Carbohydrates: 51.19g (18.62%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 239.64mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.73%), Manganese: 2.55mg (127.62%), Magnesium: 98.78mg (24.69%), Vitamin B3: 4.69mg (23.47%), Phosphorus: 221.05mg (22.11%), Vitamin B6: 0.39mg (19.6%), Vitamin B1: 0.28mg (18.9%), Copper: 0.27mg (13.64%), Vitamin K: 11.14µg (10.61%), Zinc: 1.53mg (10.22%), Vitamin B5: 1.02mg (10.16%), Fiber: 2.43g (9.73%), Potassium: 313.57mg (8.96%), Iron: 1.61mg (8.95%), Vitamin E: 0.7mg (4.64%), Vitamin B2: 0.07mg (4.36%), Folate: 15.98µg (4%), Calcium: 37.45mg (3.74%), Vitamin B12: 0.13µg (2.17%), Vitamin C: 1.69mg (2.05%)