



Golden Raisin Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 0.3 cup golden raisins
- ☐ 2 tablespoons green onions chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 cups water cold

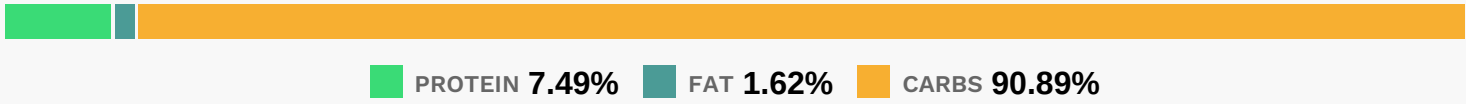
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine rice and cold water in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until rice is tender and liquid is absorbed.
- ☐
- Remove from heat and let stand, covered, 5 minutes. Stir in onions, raisins, and salt.

Nutrition Facts



Properties

Glycemic Index:37.46, Glycemic Load:26.18, Inflammation Score:-1, Nutrition Score:4.4191304341606%

Flavonoids

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 197.14kcal (9.86%), Fat: 0.35g (0.54%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 43.36g (15.77%), Sugar: 5.49g (6.1%), Cholesterol: 0mg (0%), Sodium: 155.14mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 0.54mg (26.81%), Selenium: 7.07µg (10.09%), Copper: 0.16mg (7.81%), Phosphorus: 64.72mg (6.47%), Vitamin K: 6.57µg (6.26%), Vitamin B6: 0.11mg (5.35%), Vitamin B5: 0.48mg (4.84%), Vitamin B3: 0.86mg (4.3%), Fiber: 1.04g (4.17%), Magnesium: 16.52mg (4.13%), Zinc: 0.56mg (3.71%), Potassium: 129.1mg (3.69%), Iron: 0.58mg (3.21%), Vitamin B2: 0.04mg (2.49%), Calcium: 23.55mg (2.36%), Vitamin B1: 0.03mg (2.32%), Folate: 5.89µg (1.47%), Vitamin C: 0.85mg (1.04%)