



Greek Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



19 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 tablespoons olives ripe chopped
- ☐ 1 regular-size package boil-in-bag rice
- ☐ 0.5 teaspoon greek seasoning salt-free
- ☐ 1 cup tomatoes chopped

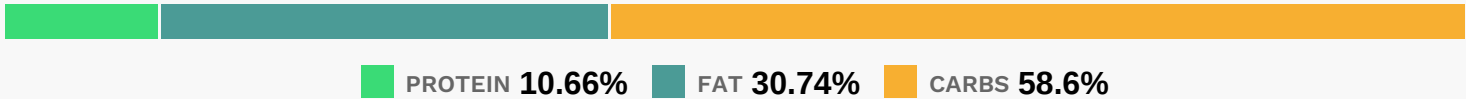
Equipment

- ☐ bowl

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Place in a serving bowl; add tomato, ripe olives, lemon juice, and seasoning. Toss.

Nutrition Facts



Properties

Glycemic Index:34.73, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:2.8908695267594%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 19.23kcal (0.96%), Fat: 0.76g (1.17%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 65.16mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin C: 8.76mg (10.62%), Vitamin A: 443.72IU (8.87%), Vitamin K: 9.09µg (8.65%), Manganese: 0.1mg (5.09%), Fiber: 1.1g (4.39%), Potassium: 135.27mg (3.86%), Vitamin E: 0.58mg (3.86%), Folate: 10.54µg (2.64%), Vitamin B6: 0.05mg (2.62%), Iron: 0.46mg (2.57%), Magnesium: 8.5mg (2.13%), Calcium: 20.56mg (2.06%), Copper: 0.04mg (2.04%), Vitamin B3: 0.35mg (1.76%), Vitamin B1: 0.02mg (1.47%), Phosphorus: 14.08mg (1.41%)