



Green Goddess Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- 1 small avocado pitted peeled coarsely chopped
- 1.5 cups rice
- 6 servings pepper black freshly ground
- 1 cup basil leaves fresh packed
- 1 juice of lemon juiced
- 6 servings kosher salt
- 3 tablespoons olive oil extra-virgin
- 0.3 cup water

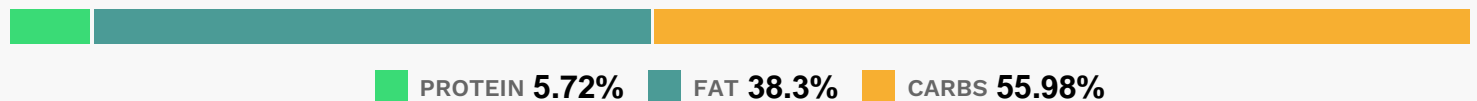
Equipment

- sauce pan
- blender

Directions

- Watch how to make this recipe.
- Bring the rice, 3 cups water, and a pinch of salt to a boil in a medium saucepan over medium heat. Reduce the heat to a gentle simmer, stir, cover, and cook until water is completely absorbed, 15 to 18 minutes.
- Remove from heat and let stand, covered, for 10 minutes.
- Meanwhile, put the avocado, basil, lemon juice, oil, and 1/4 cup water in the jar of a blender and puree; season generously with salt and pepper.
- Add more water and puree until the mixture is the consistency of sour cream.
- Fluff the rice with a fork and gently fold the green dressing into the warm rice. Taste and add more salt and pepper, if necessary.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.86, Glycemic Load:22.54, Inflammation Score:-4, Nutrition Score:8.0952174041582%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 286.56kcal (14.33%), Fat: 12.27g (18.88%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 37.4g (13.6%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 199.31mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Manganese: 0.61mg (30.53%), Vitamin K: 28.06µg (26.72%), Vitamin E: 1.79mg (11.95%), Fiber: 2.95g (11.8%), Selenium: 7.14µg (10.2%), Vitamin B5: 0.95mg (9.51%), Copper: 0.18mg (9.23%), Folate: 34.57µg (8.64%), Vitamin B6: 0.17mg (8.54%), Phosphorus: 73.41mg (7.34%), Vitamin C: 6.01mg (7.28%), Vitamin B3: 1.36mg (6.82%), Potassium: 234.05mg (6.69%), Magnesium: 24.41mg (6.1%), Vitamin A: 260.76IU (5.22%), Zinc: 0.76mg (5.04%), Vitamin B2: 0.07mg (4.13%), Iron: 0.74mg (4.09%), Vitamin B1: 0.06mg (3.83%), Calcium: 25.28mg (2.53%)