

Gullah Rice



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon butter
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.3 cup pistachios chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 3 cups water

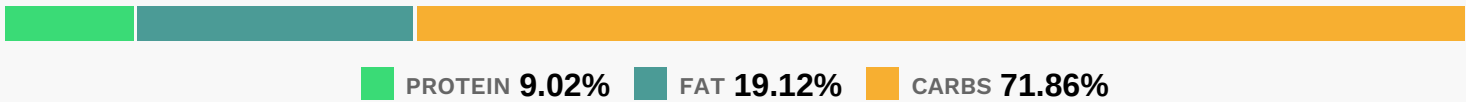
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add celery, carrot, and pistachios; saut 5 minutes or until tender.
- ☐ Add water and salt; bring to a boil.
- ☐ Add rice and thyme; return to a boil. Cover, reduce heat, and simmer 20 minutes or until most of liquid is absorbed.
- ☐ Let stand, covered, 10 minutes or until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:50.6, Glycemic Load:18.51, Inflammation Score:-10, Nutrition Score:7.4786955596798%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 184.86kcal (9.24%), Fat: 3.92g (6.03%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 31.31g (11.39%), Sugar: 1.26g (1.4%), Cholesterol: 2.15mg (0.72%), Sodium: 265.03mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin A: 2300.74IU (46.01%), Manganese: 0.53mg (26.49%), Copper: 0.2mg (10.07%), Vitamin B6: 0.2mg (9.76%), Selenium: 6.08µg (8.69%), Phosphorus: 81.31mg (8.13%), Fiber: 1.83g (7.32%), Vitamin B1: 0.09mg (6.05%), Magnesium: 23.02mg (5.76%), Potassium: 181.62mg (5.19%), Vitamin B5: 0.47mg (4.74%), Iron: 0.84mg (4.68%), Vitamin K: 4.76µg (4.53%), Vitamin C: 3.65mg

(4.43%), Vitamin B3: 0.86mg (4.28%), Zinc: 0.62mg (4.16%), Calcium: 35.39mg (3.54%), Folate: 12.82µg (3.21%),
Vitamin B2: 0.05mg (2.83%), Vitamin E: 0.32mg (2.11%)