



Herb and Scallion Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- 1.7 cups water
- 0.5 cup cilantro leaves fresh packed
- 0.3 cup mint leaves fresh packed
- 2 spring onion chopped
- 1 garlic clove
- 1 tablespoon vegetable oil
- 1 cup jasmine rice
- 1 serving coarse salt

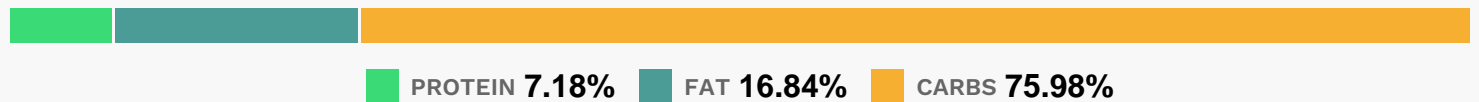
Equipment

- sauce pan
- blender

Directions

- Puree water, cilantro, mint, scallions, and garlic in a blender until smooth.
- Heat oil in a small saucepan over high heat.
- Add rice, and stir to coat. Cook until slightly toasted, 1 to 2 minutes.
- Add herb puree and 1 teaspoon salt. Bring to a simmer. Reduce heat to low, and cook, covered, for 20 minutes.
- Remove from heat, and let stand, covered, for 10 minutes. Fluff with a fork before serving.

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:22.42, Inflammation Score:-3, Nutrition Score:5.711739104727%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 204.33kcal (10.22%), Fat: 3.76g (5.78%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 37.1g (13.49%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 58.57mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Manganese: 0.57mg (28.35%), Vitamin K: 24.93µg (23.74%), Selenium: 7.14µg (10.21%), Copper: 0.14mg (6.93%), Vitamin A: 314.32IU (6.29%), Phosphorus: 59.57mg (5.96%), Vitamin B5: 0.5mg (4.99%), Vitamin B6: 0.1mg (4.77%), Vitamin B3: 0.85mg (4.23%), Fiber: 1.05g (4.22%), Magnesium: 16.71mg (4.18%), Zinc: 0.59mg (3.92%), Iron: 0.65mg (3.62%), Vitamin C: 2.8mg (3.39%), Folate: 12.01µg (3%), Calcium: 29.79mg (2.98%), Potassium: 99.19mg (2.83%), Vitamin E: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.72%), Vitamin B2: 0.04mg (2.29%)