



## Herbed Basmati Rice

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup rice uncooked
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 teaspoon olive oil

- ☐ 3 tablespoons parmesan fresh grated
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

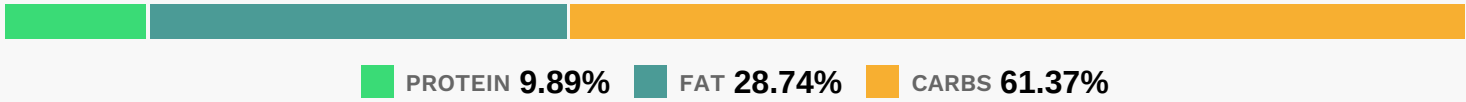
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat olive oil in a medium skillet coated with cooking spray over medium-high heat.
- ☐ Add rice and garlic to pan; saut 2 minutes or until rice is lightly toasted.
- ☐ Add 1 cup water, broth, and salt to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender.
- ☐ Remove from heat; let stand 5 minutes. Stir in onions, nuts, Parmesan cheese, basil, thyme, and pepper.

## Nutrition Facts



## Properties

Glycemic Index:49.53, Glycemic Load:15.01, Inflammation Score:-4, Nutrition Score:6.1778260916471%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 170.51kcal (8.53%), Fat: 5.45g (8.39%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 25.37g (9.22%), Sugar: 0.42g (0.47%), Cholesterol: 1.7mg (0.57%), Sodium: 296.15mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Manganese: 0.88mg (44.07%), Vitamin K: 13.8µg (13.14%), Phosphorus: 92.42mg (9.24%), Selenium: 6.2µg (8.85%), Copper: 0.17mg (8.34%), Magnesium: 25.69mg (6.42%), Zinc: 0.81mg (5.41%), Vitamin B3: 0.99mg (4.97%), Calcium: 48.48mg (4.85%), Vitamin E: 0.69mg (4.59%),

Iron: 0.79mg (4.39%), Vitamin B5: 0.4mg (3.97%), Vitamin B6: 0.07mg (3.72%), Vitamin B1: 0.05mg (3.3%), Fiber: 0.82g (3.29%), Vitamin B2: 0.05mg (2.95%), Potassium: 101.45mg (2.9%), Folate: 8.02µg (2%), Vitamin A: 97.07IU (1.94%), Vitamin C: 1.58mg (1.91%), Vitamin B12: 0.11µg (1.76%)