



Herbed Jasmine Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup herbs mixed fresh chopped
- ☐ 0.8 cup jasmine rice
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ sauce pan

Directions

Cook rice in a 3–qt. saucepan of boiling salted water, stirring occasionally, until tender, 10 to15 minutes, and drain. Toss rice with butter and herbs and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:46.59, Glycemic Load:33.46, Inflammation Score:-6, Nutrition Score:11.272608576261%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 306.11kcal (15.31%), Fat: 6.19g (9.53%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 54.79g (19.93%), Sugar: 0.15g (0.17%), Cholesterol: 15.05mg (5.02%), Sodium: 8.44mg (0.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin K: 123.56µg (117.68%), Manganese: 0.77mg (38.35%), Vitamin A: 806.73IU (16.13%), Selenium: 10.55µg (15.08%), Vitamin C: 9.98mg (12.09%), Phosphorus: 85.81mg (8.58%), Copper: 0.16mg (8.25%), Vitamin B5: 0.74mg (7.41%), Vitamin B3: 1.21mg (6.06%), Vitamin B6: 0.12mg (6.04%), Iron: 1.02mg (5.67%), Zinc: 0.84mg (5.62%), Magnesium: 21.23mg (5.31%), Fiber: 1.15g (4.6%), Folate: 17.16µg (4.29%), Vitamin B1: 0.06mg (3.69%), Potassium: 123.01mg (3.51%), Calcium: 31.45mg (3.15%), Vitamin B2: 0.04mg (2.57%), Vitamin E: 0.29mg (1.97%)