



Holiday Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 cup butter melted
- ☐ 14.5 ounce beef broth canned
- ☐ 4 ounce mushrooms undrained sliced canned
- ☐ 1 cup celery chopped
- ☐ 0.3 teaspoon tarragon dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 green onions sliced

- ☐ 1.3 cups rice long-grain uncooked
- ☐ 1 teaspoon beau monde seasoning

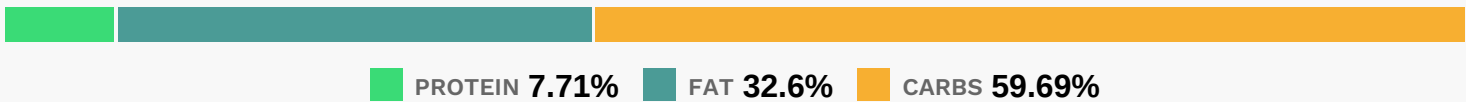
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 4 ingredients in a 13- x 9-inch baking dish. Stir in broth and remaining ingredients.
- ☐ Bake, covered, at 350 for 50 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:14.09, Inflammation Score:-4, Nutrition Score:5.6417391792588%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 169.38kcal (8.47%), Fat: 6.12g (9.42%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 23.87g (8.68%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 331.26mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 28.18µg (26.84%), Manganese: 0.39mg (19.6%), Vitamin A: 426.25IU (8.52%), Selenium: 5.42µg (7.75%), Vitamin B3: 1.2mg (6.02%), Phosphorus: 57.57mg (5.76%), Copper: 0.11mg (5.57%), Fiber: 1.36g (5.44%), Vitamin B5: 0.47mg (4.68%), Iron: 0.83mg (4.6%), Vitamin B6: 0.08mg (4.17%), Potassium: 144.13mg (4.12%), Folate: 15.91µg (3.98%), Magnesium: 15.33mg (3.83%), Calcium: 35.58mg (3.56%), Zinc: 0.48mg (3.21%), Vitamin E: 0.44mg (2.91%), Vitamin B1: 0.04mg (2.78%), Vitamin B2: 0.05mg (2.78%), Vitamin C: 2.25mg (2.73%)