



Homemade Rice and Roni

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 2 cups beef broth
- ☐ 1 tablespoon parsley leaves dried fresh chopped
- ☐ 1 cup rice long grain
- ☐ 1 tablespoon oil
- ☐ 1 small onion chopped
- ☐ 0.5 pound soup noodles

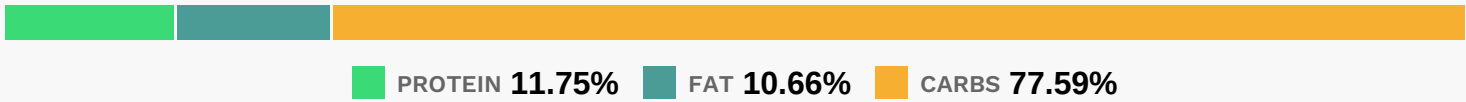
Equipment

- ☐ pot

Directions

- ☐ Begin by placing the oil in a pot and breaking the dried noodles into 1/2 to 1-inch pieces. Turn on the heat and stir the noodles in the oil until they begin to brown slightly.
- ☐ Add the rice, onion, parsley, and broth. Stir mixture, cover tightly, and cook as you would regular rice, approximately 20 minutes. Fluff rice with a fork and serve.

Nutrition Facts



Properties

Glycemic Index:27.03, Glycemic Load:26.43, Inflammation Score:-3, Nutrition Score:7.9673913276714%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 283.91kcal (14.2%), Fat: 3.3g (5.08%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 54.04g (18.01%), Net Carbohydrates: 52.21g (18.99%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 302.25mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Selenium: 29.16µg (41.66%), Manganese: 0.71mg (35.31%), Phosphorus: 121.07mg (12.11%), Vitamin K: 12.71µg (12.11%), Copper: 0.18mg (9.13%), Vitamin B3: 1.78mg (8.91%), Magnesium: 30.84mg (7.71%), Fiber: 1.83g (7.32%), Vitamin B6: 0.13mg (6.34%), Zinc: 0.9mg (5.97%), Potassium: 183.68mg (5.25%), Iron: 0.94mg (5.22%), Vitamin B5: 0.51mg (5.09%), Vitamin B1: 0.06mg (4.21%), Folate: 14.1µg (3.53%), Vitamin B2: 0.06mg (3.43%), Vitamin E: 0.49mg (3.27%), Calcium: 24.97mg (2.5%), Vitamin C: 1.75mg (2.12%), Vitamin A: 56.39IU (1.13%)