

Island Rice

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter
- 0.5 cup pineapple dried chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon green onions chopped
- 2.5 tablespoons juice of lime fresh
- 0.5 teaspoon lime rind grated
- 1 cup rice long-grain uncooked
- 6 servings try build-a-meal

0.3 teaspoon salt

2.5 cups water

Equipment

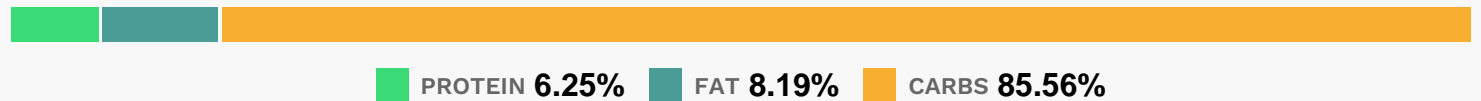
sauce pan

Directions

Bring 2 1/2 cups water to a boil in a medium saucepan; add rice and next 4 ingredients (rice through salt). Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.

Remove from heat; stir in cilantro, onions, and juice.

Nutrition Facts



Properties

Glycemic Index:34.53, Glycemic Load:14.86, Inflammation Score:-1, Nutrition Score:3.4460869452552%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 174.22kcal (8.71%), Fat: 1.59g (2.45%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 36.39g (13.23%), Sugar: 10.35g (11.5%), Cholesterol: 3.58mg (1.19%), Sodium: 114.69mg (4.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Manganese: 0.41mg (20.41%), Selenium: 5.2µg (7.43%), Vitamin C: 4.2mg (5.09%), Copper: 0.09mg (4.74%), Phosphorus: 43.77mg (4.38%), Vitamin K: 4.38µg (4.17%), Fiber: 1.02g (4.08%), Vitamin B5: 0.34mg (3.42%), Iron: 0.57mg (3.18%), Magnesium: 12.09mg (3.02%), Vitamin B6: 0.06mg (2.93%), Vitamin B3: 0.57mg (2.85%), Zinc: 0.42mg (2.77%), Calcium: 21.05mg (2.11%), Vitamin A: 99.93IU (2%), Vitamin B1: 0.03mg (1.82%), Potassium: 56.89mg (1.63%), Vitamin B2: 0.02mg (1.27%), Folate: 4.36µg (1.09%)