



Island Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apples chopped
- ☐ 1.5 cups rice uncooked
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 cups celery chopped
- ☐ 2 chicken bouillon cubes
- ☐ 1 teaspoon curry powder
- ☐ 2 garlic cloves minced

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 small onion chopped
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 4 cups water

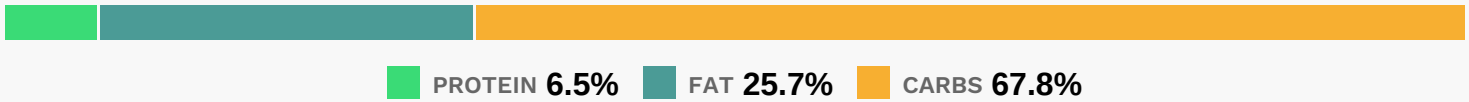
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan; add celery, onion, and garlic, and saute until tender.
- ☐ Add 4 cups water and next 7 ingredients; bring to a boil. Stir in rice; cover, reduce heat, and simmer 20 minutes.
- ☐ Remove from heat, and let stand 10 minutes. Stir in pecans and apple.
- ☐ Note: Basmati rice is a fine-textured long-grain rice. It can be found in Indian or Middle Eastern markets or the Indian or Middle Eastern departments of supermarkets.

Nutrition Facts



Properties

Glycemic Index:36.62, Glycemic Load:21.2, Inflammation Score:-3, Nutrition Score:6.6704347995312%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.28mg, Luteolin: 0.28mg,

Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 234.8kcal (11.74%), Fat: 6.84g (10.52%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 37.98g (13.81%), Sugar: 3.48g (3.87%), Cholesterol: 0.13mg (0.04%), Sodium: 359.43mg (15.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Manganese: 0.79mg (39.65%), Copper: 0.22mg (11.24%), Fiber: 2.61g (10.44%), Selenium: 6.15µg (8.78%), Phosphorus: 79.3mg (7.93%), Vitamin K: 8.26µg (7.87%), Potassium: 243.17mg (6.95%), Vitamin B6: 0.13mg (6.74%), Magnesium: 26.58mg (6.64%), Vitamin B1: 0.09mg (6.23%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.51mg (5.07%), Iron: 0.88mg (4.9%), Vitamin B3: 0.88mg (4.38%), Folate: 16.31µg (4.08%), Calcium: 40.29mg (4.03%), Vitamin B2: 0.07mg (3.99%), Vitamin A: 187.26IU (3.75%), Vitamin C: 2.63mg (3.19%), Vitamin E: 0.33mg (2.23%)