



Lemon Basmati Rice With Pine Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups brown basmati rice uncooked
- ☐ 1 teaspoon canola oil
- ☐ 1 cup celery chopped
- ☐ 0.3 cup currants
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 teaspoon salt

Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over mediumhigh heat.
- ☐ Add onion and celery; saut 5 minutes or until tender.
- ☐ Add broth, rice, and currants; bring to a boil. Cover, reduce heat, and simmer 55 minutes or until rice is tender and liquid is absorbed. Stir in pine nuts, salt, pepper, and lemon juice.

Nutrition Facts



Properties

Glycemic Index:17.72, Glycemic Load:14.39, Inflammation Score:-2, Nutrition Score:5.047391269518%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 148.75kcal (7.44%), Fat: 3.05g (4.69%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 26.26g (9.55%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 348.4mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Manganese: 0.66mg (33.05%), Selenium: 5.86µg (8.37%), Copper: 0.14mg (6.99%), Phosphorus: 69.56mg (6.96%), Vitamin B3: 1.08mg (5.41%), Vitamin K: 5.36µg (5.1%), Magnesium: 20.21mg (5.05%), Vitamin B6: 0.1mg (4.8%), Fiber: 1.09g (4.37%), Potassium: 151.27mg (4.32%), Vitamin B5: 0.42mg (4.21%), Zinc: 0.59mg (3.92%), Iron: 0.63mg (3.51%), Vitamin B1: 0.05mg (3.46%), Vitamin E: 0.45mg (3.01%), Vitamin B2: 0.05mg (2.99%), Folate: 11.19µg (2.8%), Vitamin C: 1.89mg (2.29%), Vitamin B12: 0.14µg (2.27%), Calcium: 22.21mg (2.22%)