



Lemon-Dill Rice

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

- 1 cup rice
- 2 tablespoons butter
- 2 cups chicken broth
- 1 teaspoon optional: dill dried
- 1 garlic clove
- 1 tablespoon lemon rind grated
- 0.5 teaspoon salt

Equipment

sauce pan

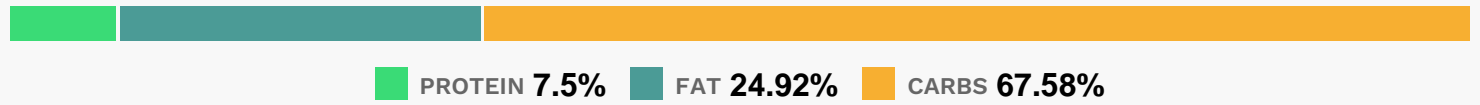
knife

Directions

Slightly smash garlic clove using flat side of a knife. Stir together garlic, broth, butter, and salt in a large saucepan; bring to a boil over high heat. Stir in rice; reduce heat to low, and cook, covered, 20 minutes or until broth mixture is absorbed and rice is tender.

Remove and discard garlic; stir in lemon rind and dill, using a fork.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:11.16, Inflammation Score:-1, Nutrition Score:2.3252173726973%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 114.25kcal (5.71%), Fat: 3.12g (4.81%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 18.66g (6.78%), Sugar: 0.32g (0.35%), Cholesterol: 8.7mg (2.9%), Sodium: 387.33mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.23%), Manganese: 0.29mg (14.51%), Selenium: 3.82µg (5.46%), Phosphorus: 31.13mg (3.11%), Copper: 0.06mg (3.11%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.25mg (2.48%), Vitamin B6: 0.05mg (2.31%), Zinc: 0.31mg (2.05%), Vitamin B1: 0.03mg (2.03%), Vitamin A: 96.36IU (1.93%), Magnesium: 7.21mg (1.8%), Iron: 0.3mg (1.67%), Fiber: 0.41g (1.62%), Vitamin C: 1.15mg (1.39%), Calcium: 13.67mg (1.37%), Potassium: 44.88mg (1.28%)