



Lemon-Ginger Rice



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



6

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup green onion chopped 1 large
- ☐ 0.8 teaspoon ground ginger
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 tablespoons butter reduced-calorie
- ☐ 1 extra large bag boil-in-bag rice
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Cook rice according to package directions, omitting salt and fat. Stir in green onion, lemon juice, margarine, ground ginger, and salt; toss well.

Nutrition Facts



PROTEIN 2.11% **FAT 84.74%** **CARBS 13.15%**

Properties

Glycemic Index:15.53, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.1634782700111%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 29.04kcal (1.45%), Fat: 2.85g (4.38%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 130.69mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin K: 8.63µg (8.22%), Manganese: 0.09mg (4.63%), Vitamin A: 167.11IU (3.34%), Vitamin C: 2.73mg (3.31%)