



Lemon-Pepper Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

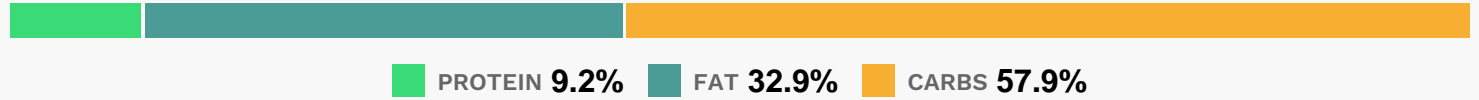
- 1.5 tsp grey poupon dijon mustard
- 3 Tbsp parsley fresh divided chopped
- 2 cups brown rice instant uncooked
- 2 Tbsp lemon zest
- 0.3 tsp freshly cracked pepper black
- 0.3 cup tuscan house dressing italian kraft
- 0.5 cup planters slivered almonds toasted

Equipment

Directions

- Mix dressing, mustard, lemon zest, lemon juice and pepper until blended.
- Prepare rice as directed on package, stirring dressing mixture into rice before the 5-min. standing time.
- Stir in nuts and 2 Tbsp. parsley; sprinkle with remaining parsley.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.9008695871934%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 74.86kcal (3.74%), Fat: 2.76g (4.24%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 10.11g (3.68%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 46.06mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin K: 14.73µg (14.03%), Manganese: 0.2mg (10.2%), Folate: 34.42µg (8.6%), Vitamin B1: 0.12mg (7.76%), Vitamin E: 1.02mg (6.81%), Selenium: 4.67µg (6.67%), Iron: 0.93mg (5.17%), Vitamin B3: 0.95mg (4.78%), Phosphorus: 32.56mg (3.26%), Fiber: 0.81g (3.23%), Magnesium: 12.32mg (3.08%), Copper: 0.06mg (3.04%), Vitamin B2: 0.05mg (2.71%), Vitamin C: 2.06mg (2.5%), Zinc: 0.29mg (1.95%), Calcium: 15.3mg (1.53%), Vitamin A: 66.41IU (1.33%), Vitamin B6: 0.02mg (1.2%), Potassium: 39.46mg (1.13%)