

# Lemon-Pepper Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

## Ingredients

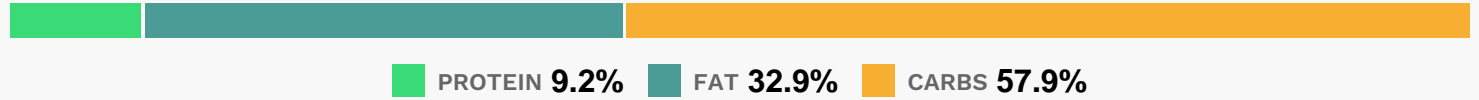
- 1.5 tsp grey poupon dijon mustard
- 3 Tbsp parsley fresh divided chopped
- 2 cups brown rice instant uncooked
- 2 Tbsp lemon zest
- 0.3 tsp freshly cracked pepper black
- 0.3 cup tuscan house dressing italian kraft
- 0.5 cup planters slivered almonds toasted

## 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:17.67, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:9.7513043621312%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 187.14kcal (9.36%), Fat: 6.89g (10.6%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 25.27g (9.19%), Sugar: 1.58g (1.76%), Cholesterol: 0mg (0%), Sodium: 115.14mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin K: 36.83µg (35.07%), Manganese: 0.51mg (25.5%), Folate: 86.04µg (21.51%), Vitamin B1: 0.29mg (19.41%), Vitamin E: 2.55mg (17.03%), Selenium: 11.67µg (16.68%), Iron: 2.33mg (12.93%), Vitamin B3: 2.39mg (11.94%), Phosphorus: 81.41mg (8.14%), Fiber: 2.02g (8.08%), Magnesium: 30.8mg (7.7%), Copper: 0.15mg (7.6%), Vitamin B2: 0.12mg (6.77%), Vitamin C: 5.15mg (6.24%), Zinc: 0.73mg (4.88%), Calcium: 38.25mg (3.82%), Vitamin A: 166.01IU (3.32%), Vitamin B6: 0.06mg (2.99%), Potassium: 98.64mg (2.82%), Vitamin B5: 0.18mg (1.85%)