



Lemon 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 garlic clove
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 teaspoon salt

Equipment

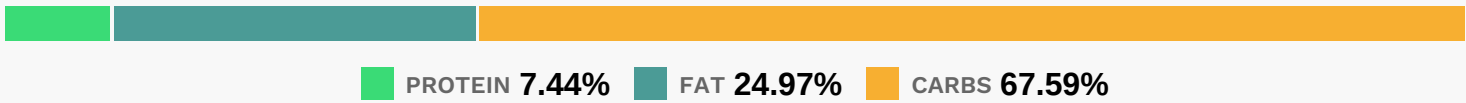
- ☐ sauce pan

☐ 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 using a fork.
- ☐ Lemon-Dill Rice: Proceed with recipe as directed, stirring 1 tsp. dried dill into cooked rice with lemon rind.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:11.16, Inflammation Score:-1, Nutrition Score:2.251739124889%

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: 113.94kcal (5.7%), Fat: 3.12g (4.8%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 18.61g (6.77%), Sugar: 0.32g (0.35%), Cholesterol: 8.7mg (2.9%), Sodium: 387.08mg (16.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Manganese: 0.29mg (14.26%), Selenium: 3.82µg (5.46%), Copper: 0.06mg (3.08%), Phosphorus: 30.45mg (3.04%), Vitamin B2: 0.05mg (2.84%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.25mg (2.48%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.3mg (2.02%), Vitamin B1: 0.03mg (1.99%), Vitamin A: 89.05IU (1.78%), Magnesium: 6.65mg (1.66%), Fiber: 0.39g (1.55%), Iron: 0.24mg (1.34%), Vitamin C: 1.08mg (1.31%), Potassium: 40.74mg (1.16%), Calcium: 11.44mg (1.14%)