



Lemon Rice with Carrots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots shredded
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 3 tablespoons golden raisins
- ☐ 1 cup rice long-grain instant uncooked
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 teaspoons butter light
- ☐ 0.3 teaspoon salt

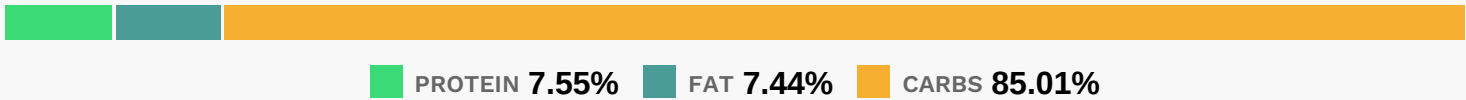
Equipment

☐ sauce pan

Directions

- ☐ Bring broth to a boil in a small saucepan over medium-high heat. Stir in rice, carrot, and raisins; remove from heat. Cover and let stand 5 minutes or until rice is tender.
- ☐ Add lemon rind and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:27.59, Inflammation Score:-9, Nutrition Score:7.7004348311735%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 224.46kcal (11.22%), Fat: 1.86g (2.85%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 46.11g (16.77%), Sugar: 7.58g (8.42%), Cholesterol: 2.61mg (0.87%), Sodium: 393.09mg (17.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.47%), Vitamin A: 2715.74IU (54.31%), Manganese: 0.58mg (29.16%), Selenium: 8.36µg (11.95%), Copper: 0.16mg (8.14%), Phosphorus: 79.06mg (7.91%), Vitamin B6: 0.14mg (7.18%), Vitamin B3: 1.35mg (6.73%), Fiber: 1.58g (6.34%), Vitamin B5: 0.6mg (6%), Potassium: 209.58mg (5.99%), Magnesium: 18.4mg (4.6%), Iron: 0.74mg (4.13%), Zinc: 0.6mg (4%), Vitamin B2: 0.07mg (3.98%), Vitamin B1: 0.05mg (3.23%), Calcium: 28.96mg (2.9%), Vitamin K: 2.87µg (2.74%), Vitamin C: 1.95mg (2.36%), Vitamin B12: 0.12µg (1.95%), Folate: 7.76µg (1.94%), Vitamin E: 0.21mg (1.41%)