

Lime Cilantro Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

Ingredients

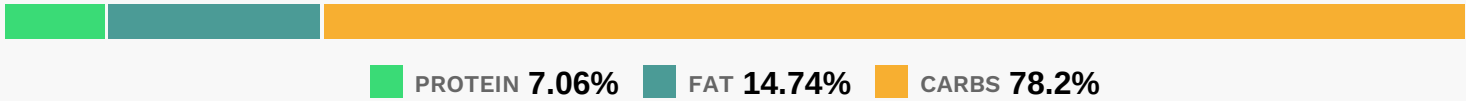
- ☐ 1 tablespoon butter
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 2 cups water
- ☐ 1 cup rice long-grain white

Equipment

Directions

- ☐ Bring the water to a boil; stir the butter and rice into the water. Cover, reduce heat to low, and simmer until the rice is tender, about 20 minutes.
- ☐ Stir the lime zest, lime juice, and cilantro into the cooked rice just before serving.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:11.14, Inflammation Score:-1, Nutrition Score:2.1343478244608%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 98.2kcal (4.91%), Fat: 1.58g (2.43%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 18.52g (6.73%), Sugar: 0.11g (0.12%), Cholesterol: 3.76mg (1.25%), Sodium: 15.91mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Manganese: 0.26mg (12.83%), Selenium: 3.52µg (5.03%), Copper: 0.06mg (3.19%), Vitamin K: 3.27µg (3.11%), Phosphorus: 28.06mg (2.81%), Vitamin B5: 0.25mg (2.47%), Vitamin A: 113.21IU (2.26%), Vitamin B6: 0.04mg (2.05%), Vitamin B3: 0.39mg (1.94%), Zinc: 0.27mg (1.79%), Vitamin C: 1.47mg (1.78%), Magnesium: 6.98mg (1.75%), Fiber: 0.35g (1.4%), Vitamin B1: 0.02mg (1.2%), Iron: 0.21mg (1.16%), Potassium: 36.87mg (1.05%)