



## Lucy's Recuperation Food

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

### Ingredients

- 15 ounce cut green beans drained canned
- 4 cups low-salt chicken broth
- 2 cups rice

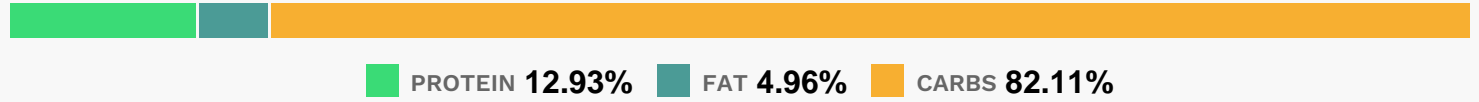
### Equipment

- sauce pan

### Directions

- In a saucepan bring chicken broth to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Once rice has cooked, stir in drained green beans.
- Cool to room temperature before serving; refrigerate leftovers.

## Nutrition Facts



### Properties

Glycemic Index:17.86, Glycemic Load:31.07, Inflammation Score:-5, Nutrition Score:10.734347789184%

### Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

### Nutrients (% of daily need)

Calories: 272.23kcal (13.61%), Fat: 1.51g (2.32%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 53.42g (19.42%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 54.54mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Manganese: 0.82mg (41.2%), Vitamin K: 30.54µg (29.08%), Vitamin B3: 3.66mg (18.31%), Phosphorus: 145.05mg (14.5%), Selenium: 9.74µg (13.91%), Copper: 0.26mg (13.24%), Fiber: 2.72g (10.86%), Vitamin B6: 0.22mg (10.84%), Vitamin C: 8.65mg (10.48%), Potassium: 355.77mg (10.16%), Vitamin A: 489.03IU (9.78%), Vitamin B2: 0.15mg (8.89%), Magnesium: 34.71mg (8.68%), Iron: 1.55mg (8.63%), Vitamin B5: 0.78mg (7.85%), Folate: 28.32µg (7.08%), Vitamin B1: 0.1mg (6.75%), Zinc: 1mg (6.66%), Calcium: 49.78mg (4.98%), Vitamin B12: 0.16µg (2.62%), Vitamin E: 0.36mg (2.39%)