



Manchego Cheesy Rice

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cups chicken stock see
- ☐ 1 Handful flat-leaf parsley finely chopped
- ☐ 1 cup manchego cheese grated
- ☐ 4 servings salt and pepper
- ☐ 1.5 cups rice white

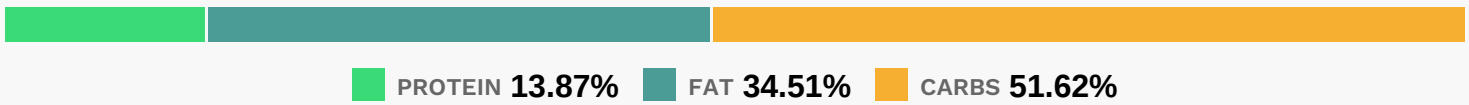
Equipment

- ☐ pot

Directions

- ☐ Melt butter over medium heat in a medium sauce pot.
- ☐ Add rice and toast in butter 2 minutes.
- ☐ Add stock and bring rice up to a boil. Cook rice 17 to 18 minutes until tender and liquids are absorbed.
- ☐ Remove from heat, fluff rice with fork, then stir in the parsley and cheese. Season the rice with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:33.4, Inflammation Score:-3, Nutrition Score:10.334782442969%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 489.76kcal (24.49%), Fat: 18.39g (28.29%), Saturated Fat: 11.36g (71.03%), Carbohydrates: 61.89g (20.63%), Net Carbohydrates: 60.95g (22.16%), Sugar: 2.94g (3.27%), Cholesterol: 50.68mg (16.89%), Sodium: 671.71mg (29.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.27%), Manganese: 0.76mg (37.85%), Calcium: 330.28mg (33.03%), Selenium: 14.51µg (20.72%), Vitamin B3: 3.97mg (19.85%), Vitamin K: 17.32µg (16.49%), Phosphorus: 130.64mg (13.06%), Copper: 0.25mg (12.57%), Vitamin B6: 0.22mg (11.23%), Vitamin B2: 0.19mg (11.2%), Vitamin A: 419.95IU (8.4%), Potassium: 276.04mg (7.89%), Vitamin B1: 0.11mg (7.52%), Vitamin B5: 0.72mg (7.15%), Zinc: 1.03mg (6.84%), Magnesium: 25.19mg (6.3%), Iron: 1mg (5.54%), Folate: 16.28µg (4.07%), Fiber: 0.93g (3.74%), Vitamin C: 1.69mg (2.05%), Vitamin E: 0.3mg (2%)