



Nutty Basmati Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons butter light
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup walnut pieces toasted chopped

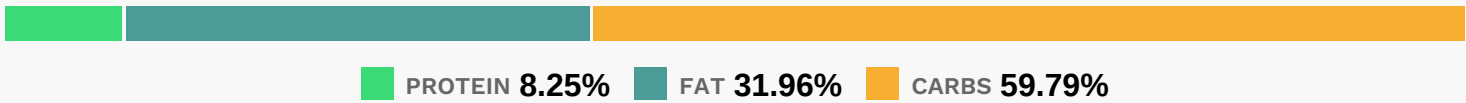
Equipment

☐ sauce pan

Directions

- ☐ Bring first 4 ingredients to a boil in a medium saucepan.
- ☐ Add rice; cover, reduce heat, and simmer 18 minutes or until rice is tender and liquid is absorbed.
- ☐ Remove from heat; let stand, covered, 5 minutes.
- ☐ Add walnuts and parsley, and fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:14.94, Inflammation Score:-3, Nutrition Score:6.3113042660381%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 171.47kcal (8.57%), Fat: 6.09g (9.37%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 24.79g (9.02%), Sugar: 0.29g (0.32%), Cholesterol: 4.95mg (1.65%), Sodium: 565.97mg (24.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin K: 41.52µg (39.55%), Manganese: 0.52mg (26.23%), Selenium: 6.4µg (9.15%), Copper: 0.16mg (8.15%), Phosphorus: 62.77mg (6.28%), Vitamin A: 291.27IU (5.83%), Vitamin B3: 0.95mg (4.76%), Vitamin B6: 0.09mg (4.45%), Magnesium: 17.71mg (4.43%), Vitamin B5: 0.43mg (4.31%), Vitamin C: 3.39mg (4.11%), Iron: 0.7mg (3.88%), Zinc: 0.54mg (3.6%), Fiber: 0.83g (3.32%), Vitamin B1: 0.05mg (3.04%), Folate: 11.77µg (2.94%), Potassium: 95.13mg (2.72%), Vitamin B2: 0.04mg (2.48%), Vitamin B12: 0.14µg (2.31%), Calcium: 22.3mg (2.23%), Vitamin E: 0.16mg (1.08%)