



Nutty Brown Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



615 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon nutmeg grated
- ☐ 1.3 cups nuts mixed chopped
- ☐ 1.5 cups short grain brown rice
- ☐ 3 tablespoons butter unsalted
- ☐ 4 cups water

Equipment

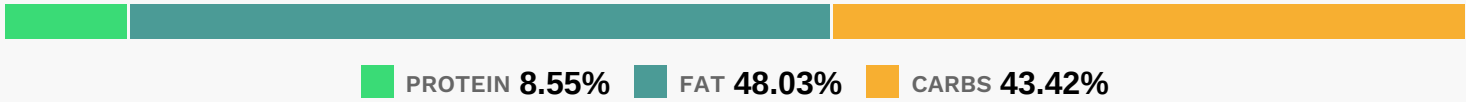
- ☐ frying pan
- ☐ sauce pan

☐ sieve

Directions

- ☐ Bring water to a boil in a heavy medium saucepan.
- ☐ Add rice and 1/4 teaspoon salt, then reduce heat to low and simmer, uncovered, until rice is tender, about 40 minutes.
- ☐ Drain in a sieve.
- ☐ Heat butter in a large heavy skillet over medium heat until foam subsides.
- ☐ Add nuts and cook, stirring, until butter and nuts are golden brown, about 4 minutes.
- ☐ Add rice and nutmeg to skillet and toss to coat.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:34.27, Inflammation Score:-7, Nutrition Score:19.179130512735%

Nutrients (% of daily need)

Calories: 614.74kcal (30.74%), Fat: 33.72g (51.88%), Saturated Fat: 8.93g (55.83%), Carbohydrates: 68.6g (22.87%), Net Carbohydrates: 61.98g (22.54%), Sugar: 0.04g (0.05%), Cholesterol: 22.58mg (7.53%), Sodium: 21.4mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.01%), Manganese: 3.68mg (184.15%), Magnesium: 211.3mg (52.83%), Copper: 0.82mg (41.21%), Phosphorus: 396.54mg (39.65%), Vitamin B3: 5.35mg (26.76%), Vitamin B1: 0.4mg (26.71%), Fiber: 6.63g (26.5%), Vitamin B6: 0.52mg (25.77%), Zinc: 3.26mg (21.74%), Iron: 3.02mg (16.78%), Vitamin B5: 1.67mg (16.74%), Potassium: 472.61mg (13.5%), Folate: 37.91µg (9.48%), Vitamin B2: 0.13mg (7.41%), Calcium: 66.1mg (6.61%), Vitamin A: 269.27IU (5.39%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.16µg (1.05%)