



Nutty Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted

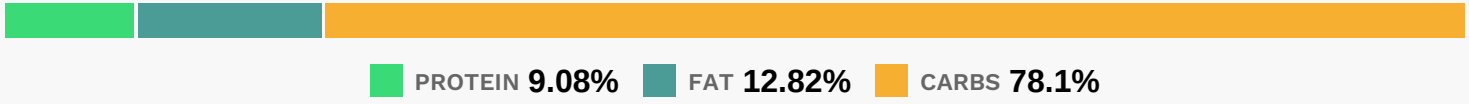
Equipment

Directions

☐

Cook basmati rice according to package directions. Stir in green onions, almonds, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:33.8, Glycemic Load:22.41, Inflammation Score:-2, Nutrition Score:5.8404347119124%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 200.08kcal (10%), Fat: 2.82g (4.33%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 37.18g (13.52%), Sugar: 0.42g (0.47%), Cholesterol: 0mg (0%), Sodium: 148.73mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Manganese: 0.64mg (32.19%), Vitamin K: 13.19µg (12.56%), Selenium: 7.23µg (10.33%), Vitamin E: 1.37mg (9.11%), Copper: 0.16mg (8.01%), Phosphorus: 79.75mg (7.97%), Magnesium: 26.53mg (6.63%), Fiber: 1.42g (5.68%), Vitamin B5: 0.5mg (4.99%), Vitamin B2: 0.08mg (4.99%), Vitamin B3: 0.96mg (4.78%), Zinc: 0.69mg (4.58%), Vitamin B6: 0.09mg (4.34%), Iron: 0.66mg (3.67%), Calcium: 31.54mg (3.15%), Potassium: 108.78mg (3.11%), Vitamin B1: 0.05mg (3.08%), Folate: 9.92µg (2.48%), Vitamin C: 1.17mg (1.42%), Vitamin A: 63.05IU (1.26%)