



Orange Rice

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1.5 cups rice instant
- 11 ounce mandarin orange segments drained canned
- 1.5 cups orange juice
- 1 teaspoon orange zest grated

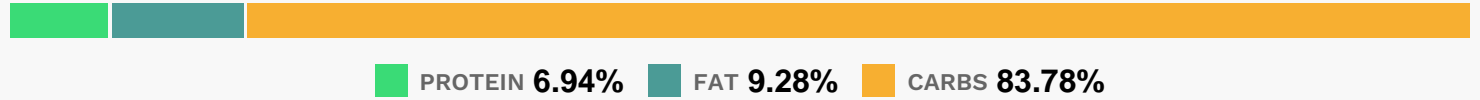
Equipment

- sauce pan

Directions

- In a saucepan over medium-high heat, combine the orange zest, orange juice, and butter. Bring to a boil, and stir in rice. Cover, and remove from heat.
- Let stand 5 minutes.
- Mix in mandarin orange segments, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.3, Glycemic Load:42.08, Inflammation Score:-7, Nutrition Score:12.407826018398%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 17.3mg, Hesperetin: 17.3mg, Hesperetin: 17.3mg, Hesperetin: 17.3mg Naringenin: 9.8mg, Naringenin: 9.8mg, Naringenin: 9.8mg, Naringenin: 9.8mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 361.97kcal (18.1%), Fat: 3.73g (5.73%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 75.63g (25.21%), Net Carbohydrates: 73.09g (26.58%), Sugar: 16.16g (17.96%), Cholesterol: 7.53mg (2.51%), Sodium: 28.48mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Vitamin C: 68mg (82.42%), Manganese: 0.8mg (39.91%), Vitamin A: 806.48IU (16.13%), Selenium: 10.69µg (15.27%), Vitamin B1: 0.18mg (11.88%), Folate: 46.18µg (11.54%), Potassium: 397.1mg (11.35%), Copper: 0.23mg (11.34%), Phosphorus: 112.13mg (11.21%), Vitamin B6: 0.21mg (10.64%), Vitamin B5: 1.05mg (10.55%), Fiber: 2.54g (10.18%), Magnesium: 37.11mg (9.28%), Vitamin B3: 1.78mg (8.91%), Calcium: 60.15mg (6.01%), Zinc: 0.86mg (5.74%), Vitamin B2: 0.09mg (5.39%), Iron: 0.86mg (4.79%), Vitamin E: 0.35mg (2.35%)