



Orange Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground ginger
- 0.5 teaspoon orange rind grated
- 3 cups rice with 2 regular-size bags of boil-in-bag rice
- 0.3 teaspoon salt

Equipment

Directions

- Prepare 3 cups rice with 2 regular-size bags of boil-in-bag rice cooked according to package directions.
- Remove rice from bag, and stir in 1/4 teaspoon salt, 1/4 teaspoon ground ginger, and 1/2 teaspoon grated orange rind.
- Garnish with orange slices, if desired.

Nutrition Facts

PROTEIN 8.05% **FAT 1.68%** **CARBS 90.27%**

Properties

Glycemic Index:10.2, Glycemic Load:44.51, Inflammation Score:-1, Nutrition Score:6.7152174637531%

Nutrients (% of daily need)

Calories: 338.07kcal (16.9%), Fat: 0.61g (0.95%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 74.06g (24.69%), Net Carbohydrates: 72.82g (26.48%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 101.55mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.21%), Manganese: 1.03mg (51.72%), Selenium: 14.02µg (20.02%), Phosphorus: 106.55mg (10.65%), Copper: 0.2mg (10.21%), Vitamin B5: 0.94mg (9.39%), Vitamin B6: 0.15mg (7.63%), Vitamin B3: 1.49mg (7.45%), Zinc: 1.01mg (6.75%), Magnesium: 23.34mg (5.84%), Fiber: 1.23g (4.93%), Vitamin B1: 0.06mg (4.33%), Iron: 0.76mg (4.21%), Potassium: 107.85mg (3.08%), Vitamin B2: 0.05mg (2.68%), Calcium: 26.32mg (2.63%), Folate: 7.46µg (1.87%)