



Orphan's Rice

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 bacon crumbled cooked
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 0.3 cup ham finely chopped
- ☐ 3 cups chicken broth low-sodium
- ☐ 0.5 small onion minced
- ☐ 0.8 cup pecan halves

- ☐ 0.3 cup pinenuts
- ☐ 10 ounce rice yellow
- ☐ 0.5 cup slivered almonds
- ☐ 2 tablespoons vegetable oil

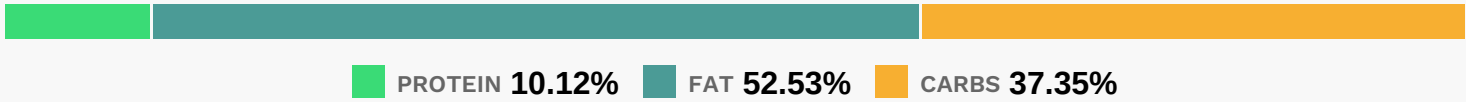
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt butter in a skillet over medium heat.
- ☐ Add pecan halves, almonds, and pine nuts, and saute, stirring often, 3 minutes or until almonds are light golden brown.
- ☐ Saut onion and garlic in hot oil in a saucepan over medium-high heat 5 minutes or until tender.
- ☐ Add rice, and saut, stirring constantly, 1 minute.
- ☐ Add broth, and cook rice 18 minutes.
- ☐ Remove from heat.
- ☐ Stir in nuts, bacon, ham, and parsley. Cover and let stand 10 minutes.
- ☐ Note: We like to use three different nuts for this recipe; however, feel free to use all the same variety.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:17.28, Inflammation Score:-4, Nutrition Score:11.639999871669%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin:

0.76mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg
Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate:
0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin:
1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin:
0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg,
Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin:
0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 349.66kcal (17.48%), Fat: 20.93g (32.2%), Saturated Fat: 3.25g (20.31%), Carbohydrates: 33.48g (11.16%),
Net Carbohydrates: 30.98g (11.26%), Sugar: 1.22g (1.35%), Cholesterol: 8.45mg (2.82%), Sodium: 125.8mg (5.47%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.15%), Manganese: 1.47mg (73.32%), Copper: 0.39mg
(19.38%), Vitamin E: 2.77mg (18.46%), Phosphorus: 177.5mg (17.75%), Vitamin K: 17.99µg (17.13%), Vitamin B3: 2.8mg
(14%), Magnesium: 55.59mg (13.9%), Selenium: 8.12µg (11.6%), Zinc: 1.65mg (11%), Vitamin B1: 0.16mg (10.74%), Fiber:
2.5g (10.01%), Vitamin B2: 0.16mg (9.57%), Potassium: 271.55mg (7.76%), Iron: 1.37mg (7.61%), Vitamin B6: 0.14mg
(6.94%), Vitamin B5: 0.54mg (5.43%), Calcium: 42.34mg (4.23%), Folate: 11.55µg (2.89%), Vitamin B12: 0.14µg
(2.35%), Vitamin A: 93.61IU (1.87%), Vitamin C: 1.25mg (1.52%)