



HEALTH SCORE

33%

Pecan Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown rice
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 0.3 cup onion finely chopped
- ☐ 2 tablespoons parsley minced
- ☐ 0.5 cup pecans finely chopped

☐ 0.3 teaspoon salt

Equipment

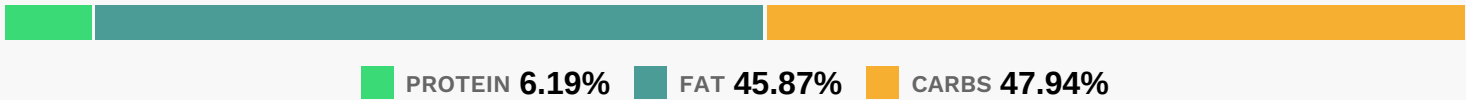
☐ frying pan

☐ sauce pan

Directions

- ☐ In a saucepan bring 2 cups water to a boil.
- ☐ Add rice and stir. Reduce heat to low, cover and simmer for 40 minutes.
- ☐ When rice is done, melt margarine in a small skillet over medium heat.
- ☐ Saute onions, pecans, parsley, basil, ginger, pepper and salt. When onions are tender stir mixture into rice and mix well.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:20.61, Inflammation Score:-6, Nutrition Score:13.313913119552%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 322.03kcal (16.1%), Fat: 16.76g (25.78%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 36.17g (13.15%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 214.88mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Manganese: 2.47mg (123.56%), Vitamin K: 34.59µg (32.95%),

Magnesium: 87.55mg (21.89%), Vitamin B1: 0.29mg (19.56%), Phosphorus: 169.39mg (16.94%), Copper: 0.31mg (15.28%), Vitamin B6: 0.29mg (14.34%), Fiber: 3.23g (12.93%), Vitamin B3: 2.26mg (11.31%), Zinc: 1.63mg (10.84%), Vitamin B5: 0.86mg (8.56%), Vitamin A: 427.89IU (8.56%), Iron: 1.44mg (7.99%), Potassium: 216.77mg (6.19%), Folate: 17.74µg (4.43%), Vitamin C: 3.57mg (4.32%), Calcium: 34.56mg (3.46%), Vitamin E: 0.43mg (2.88%), Vitamin B2: 0.05mg (2.74%)