



Pecan-spiked Rice



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



578 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups chicken broth
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup onion chopped
- ☐ 1 cup pecans toasted coarsely chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.3 cup shallots minced

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2 tablespoons butter unsalted

Equipment

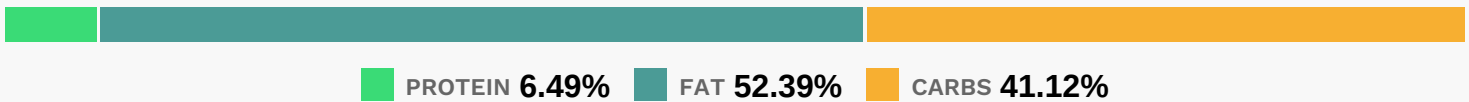
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sauce pan

Directions

- ☐
- Melt butter in a medium saucepan over medium heat.
- ☐
- Add onion and next 4 ingredients; cook 4 to 5 minutes or until tender, stirring often.
- ☐
- Add rice and cook, stirring constantly, 1 minute. Stir in chicken broth; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐
- Remove bay leaf; stir in pecans.

Nutrition Facts



Properties

Glycemic Index:53.4, Glycemic Load:31.21, Inflammation Score:-6, Nutrition Score:14.9852174365%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 577.85kcal (28.89%), Fat: 34.52g (53.11%), Saturated Fat: 7.19g (44.93%), Carbohydrates: 60.98g (20.33%), Net Carbohydrates: 55.56g (20.2%), Sugar: 4.88g (5.42%), Cholesterol: 23.2mg (7.73%), Sodium: 1363.98mg (59.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.23%), Manganese: 2.5mg (124.82%), Copper: 0.63mg (31.37%), Vitamin B1: 0.34mg (22.71%), Fiber: 5.42g (21.7%), Phosphorus: 199.93mg (19.99%), Zinc: 2.57mg (17.1%), Magnesium: 68.29mg (17.07%), Selenium: 11.79µg (16.85%), Vitamin B6: 0.28mg (13.94%), Vitamin B2: 0.18mg (10.86%), Vitamin B5: 1.06mg (10.56%), Iron: 1.85mg (10.3%), Potassium: 357.66mg

(10.22%), Vitamin B3: 1.83mg (9.16%), Calcium: 66.13mg (6.61%), Folate: 25.07µg (6.27%), Vitamin E: 0.87mg (5.8%), Vitamin A: 261.02IU (5.22%), Vitamin C: 3.97mg (4.81%), Vitamin K: 2.52µg (2.4%)