



Pine Nut, Butter, and Parsley Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons flat-leaf parsley fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 cups unseasoned rice simmered in water long-grain white hot cooked

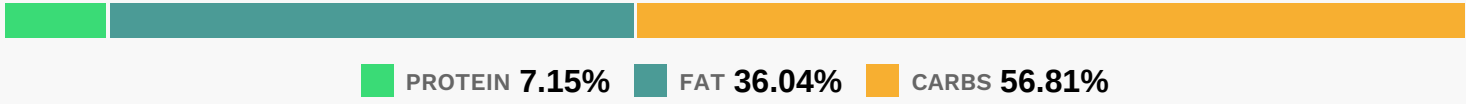
Equipment

Directions

☐

Start with hot cooked rice simmered in water. Stir pine nuts, parsley, melted butter, and kosher salt into rice.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:23.93, Inflammation Score:-3, Nutrition Score:6.246956622147%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.16kcal (8.11%), Fat: 6.5g (9.99%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 22.47g (8.17%), Sugar: 0.24g (0.26%), Cholesterol: 7.53mg (2.51%), Sodium: 169.86mg (7.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.82mg (40.83%), Vitamin K: 35.74µg (34.04%), Selenium: 6µg (8.57%), Phosphorus: 64.72mg (6.47%), Copper: 0.12mg (6.18%), Magnesium: 23.1mg (5.78%), Vitamin A: 257.39IU (5.15%), Zinc: 0.73mg (4.9%), Vitamin B6: 0.08mg (4%), Vitamin E: 0.59mg (3.96%), Vitamin B5: 0.34mg (3.36%), Vitamin C: 2.7mg (3.27%), Iron: 0.56mg (3.11%), Vitamin B3: 0.56mg (2.82%), Vitamin B1: 0.04mg (2.39%), Fiber: 0.57g (2.27%), Potassium: 69.45mg (1.98%), Folate: 7.22µg (1.8%), Vitamin B2: 0.02mg (1.46%), Calcium: 12.39mg (1.24%)