



Red Rice



Gluten Free



Dairy Free

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READY IN

ready

60 min.

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SERVINGS

servings

12

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CALORIES

calories

165 kcal

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SIDE DISH

Ingredients



8 slices bacon



2.5 cups chicken broth



3 tablespoons parsley fresh chopped



4 garlic cloves pressed



12 servings garnish: parsley fresh chopped



0.3 teaspoon pepper



1.5 cups rice long-grain uncooked



0.5 teaspoon salt

- ☐ 1 large onion sweet chopped
- ☐ 6 oz tomato paste canned

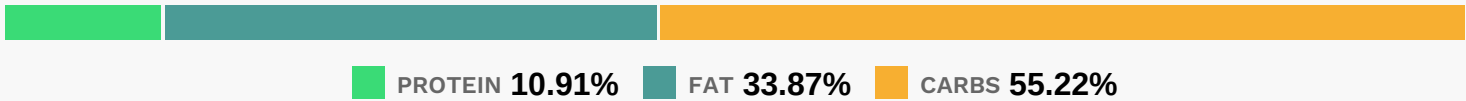
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Rinse rice with cold running water 3 minutes or until water is no longer cloudy.
- ☐ Drain and set aside.
- ☐ Cook bacon in a 3 1/2-qt. saucepan over medium heat 10 minutes or until crisp.
- ☐ Drain and set bacon aside, reserving 2 Tbsp. bacon drippings in pan.
- ☐ Saut onion in hot drippings in saucepan over medium-high heat 8 minutes or until onion is tender; add garlic, and saut 1 minute.
- ☐ Stir in rinsed rice, chicken broth, and next 3 ingredients; bring to a boil. Cover, reduce heat to low, and simmer 30 minutes, stirring mixture every 7 to 10 minutes.
- ☐ Remove from heat; fluff with a fork. Stir in crumbled bacon and 3 Tbsp. parsley; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:11.57, Inflammation Score:-5, Nutrition Score:8.7791303344395%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 165.26kcal (8.26%), Fat: 6.18g (9.51%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 21.67g (7.88%), Sugar: 2.3g (2.55%), Cholesterol: 10.66mg (3.55%), Sodium: 400.68mg (17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Vitamin K: 82.94µg (78.99%), Manganese: 0.35mg (17.65%), Vitamin C: 9.59mg (11.62%), Selenium: 7.01µg (10.01%), Vitamin A: 458.68IU (9.17%), Vitamin B6: 0.15mg (7.55%), Vitamin B3: 1.35mg (6.75%), Phosphorus: 66.15mg (6.62%), Vitamin B1: 0.1mg (6.35%), Copper: 0.12mg (5.84%), Potassium: 171.09mg (4.89%), Iron: 0.87mg (4.82%), Folate: 17.67µg (4.42%), Vitamin B2: 0.07mg (4.18%), Vitamin B5: 0.41mg (4.13%), Fiber: 1.01g (4.06%), Magnesium: 16.17mg (4.04%), Zinc: 0.6mg (4%), Calcium: 28.46mg (2.85%), Vitamin E: 0.33mg (2.2%), Vitamin B12: 0.08µg (1.39%)