



Rice Amandine



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 2 teaspoons butter
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 1 cup rice long-grain

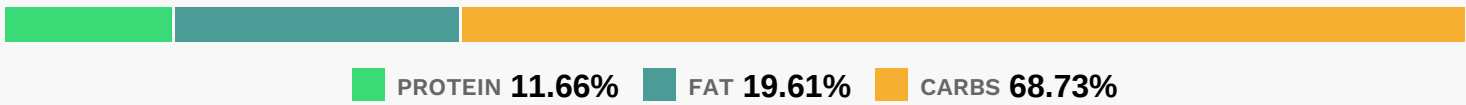
Equipment

- ☐ sauce pan

Directions

- ☐ Melt 2 teaspoons butter in a medium saucepan over medium-high heat.
- ☐ Add 1 cup long-grain rice; saut 1 minute.
- ☐ Add 2 cups fat-free, lower-sodium chicken broth*. Cover, reduce heat, and simmer 15 minutes or until rice is tender. Stir in 1/4 cup chopped fresh parsley and 2 tablespoons toasted sliced almonds.
- ☐ *Check for gluten.

Nutrition Facts



Properties

Glycemic Index:38.3, Glycemic Load:22.34, Inflammation Score:-4, Nutrition Score:8.6521738744948%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 224.54kcal (11.23%), Fat: 4.86g (7.47%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 36.95g (13.43%), Sugar: 0.31g (0.34%), Cholesterol: 5.38mg (1.79%), Sodium: 240.53mg (10.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.99%), Vitamin K: 61.72µg (58.78%), Manganese: 0.62mg (31.17%), Selenium: 7.22µg (10.31%), Potassium: 351.21mg (10.03%), Vitamin E: 1.42mg (9.45%), Phosphorus: 80.01mg (8%), Copper: 0.16mg (7.94%), Vitamin A: 378.42IU (7.57%), Magnesium: 26.99mg (6.75%), Vitamin C: 4.99mg (6.05%), Fiber: 1.35g (5.4%), Vitamin B5: 0.51mg (5.1%), Vitamin B2: 0.08mg (4.95%), Vitamin B3: 0.97mg (4.86%), Zinc: 0.7mg (4.68%), Iron: 0.79mg (4.38%), Vitamin B6: 0.09mg (4.31%), Calcium: 32.17mg (3.22%), Vitamin B1: 0.05mg (3.06%), Folate: 11.68µg (2.92%)