

Rice Stir-Fry

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- 0.8 cup chicken broth
- 0.3 cup apricot dried chopped
- 0.3 cup parsley fresh chopped
- 2 cloves garlic finely chopped
- 0.3 teaspoon pepper
- 0.3 cup raisins
- 0.8 cup onion red thinly sliced
- 2 tablespoons red wine vinegar

- 0.3 cup rice long grain uncooked
- 0.3 teaspoon salt
- 1 teaspoon vegetable oil
- 0.3 cup rice wild uncooked
- 0.5 cup bell pepper yellow chopped

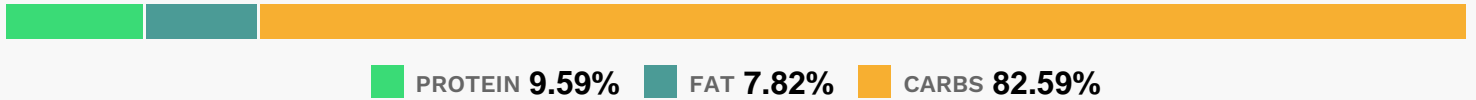
Equipment

- frying pan

Directions

- Cook and drain regular rice as directed on package except omit salt. Cook and drain wild rice as directed on package except omit salt.
- Cook onion, garlic and broth in 10-inch nonstick skillet over medium-high heat 5 to 6 minutes, stirring occasionally, until liquid has almost evaporated. Stir in regular rice, wild rice, bell pepper, raisins, apricots, salt and pepper. Cook over medium heat about 2 minutes, stirring constantly, until heated through. Stir in parsley, vinegar and oil.

Nutrition Facts



Properties

Glycemic Index: 82.6, Glycemic Load: 18.68, Inflammation Score: -7, Nutrition Score: 12.029565185308%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 185.22kcal (9.26%), Fat: 1.66g (2.56%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 36.42g (13.24%), Sugar: 6.2g (6.89%), Cholesterol: 0.88mg (0.29%), Sodium: 318.42mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin K: 64.44µg (61.37%), Vitamin C: 42.46mg

(51.47%), Manganese: 0.52mg (25.99%), Vitamin A: 650.81IU (13.02%), Fiber: 3.1g (12.4%), Phosphorus: 108.23mg (10.82%), Copper: 0.21mg (10.49%), Potassium: 366.3mg (10.47%), Magnesium: 41.22mg (10.3%), Vitamin B6: 0.2mg (9.79%), Vitamin B3: 1.81mg (9.07%), Zinc: 1.19mg (7.91%), Folate: 31.29µg (7.82%), Iron: 1.32mg (7.34%), Vitamin B2: 0.11mg (6.43%), Selenium: 3.54µg (5.06%), Vitamin B1: 0.07mg (4.81%), Vitamin B5: 0.44mg (4.43%), Vitamin E: 0.62mg (4.16%), Calcium: 33.82mg (3.38%)