



Rice with Butter and Sage

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons butter
- 0.3 cup sage fresh finely chopped
- 1 garlic clove minced
- 1.5 cups rice long-grain uncooked
- 0.8 teaspoon salt
- 3 cups water
- 2 teaspoons citrus champagne vinegar

Equipment

frying pan

sauce pan

Directions

Bring 3 cups water and salt to a boil in a large saucepan.

Add rice; cover, reduce heat, and simmer 19 minutes or until rice is tender and liquid is absorbed.

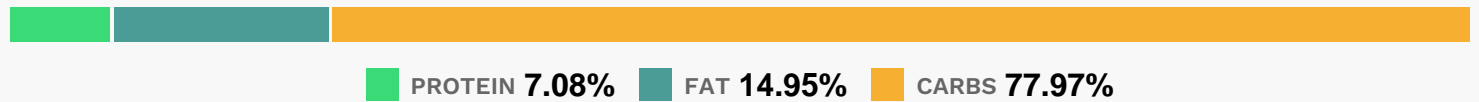
Remove from heat; let stand, covered, 5 minutes.

While rice stands, melt butter in a small skillet over medium heat.

Add sage and garlic; saut 1 to 2 minutes or until garlic is golden.

Add garlic mixture and vinegar to rice; toss well.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:16.73, Inflammation Score:-1, Nutrition Score:5.5026086306442%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 146.82kcal (7.34%), Fat: 2.38g (3.66%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 27.44g (9.98%), Sugar: 0.05g (0.05%), Cholesterol: 5.64mg (1.88%), Sodium: 241.25mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Copper: 1.32mg (66.1%), Manganese: 0.43mg (21.26%), Selenium: 5.32µg (7.6%), Phosphorus: 41.34mg (4.13%), Vitamin B5: 0.36mg (3.57%), Vitamin B6: 0.06mg (3.08%), Vitamin B3: 0.56mg (2.79%), Zinc: 0.4mg (2.68%), Magnesium: 10.45mg (2.61%), Fiber: 0.49g (1.95%), Iron: 0.34mg (1.87%), Vitamin B1: 0.03mg (1.76%), Calcium: 16.55mg (1.66%), Vitamin A: 65.63IU (1.31%), Potassium: 44.29mg (1.27%), Vitamin B2: 0.02mg (1.11%)