



Rice with Fennel and Golden Raisins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 2 cups fennel bulb chopped (stalks discarded)
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 0.3 cup golden raisins
- ☐ 1 cup rice long-grain white
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup onion chopped
- ☐ 2 cups water

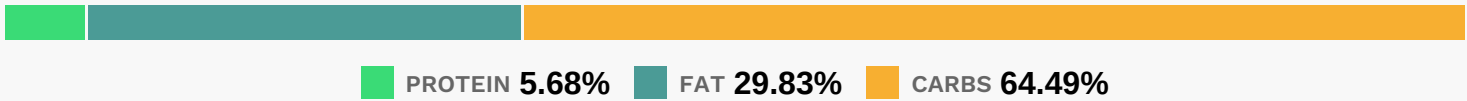
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen towels

Directions

- ☐ Cook onion and fennel with raisins, fennel seeds, 1 teaspoon salt, and 1/4 teaspoon pepper in oil in a 4-quart heavy saucepan over medium heat, stirring occasionally, until softened, 8 to 10 minutes.
- ☐ Add rice and cook, stirring, 1 minute.
- ☐ Add water and bring to a vigorous boil. Tightly cover and cook over low heat, undisturbed, until water is absorbed, about 22 minutes.
- ☐ Remove from heat.
- ☐ Remove lid and put a clean kitchen towel over pan, then replace lid.
- ☐ Let stand 10 minutes, then fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:47.46, Glycemic Load:29.07, Inflammation Score:-4, Nutrition Score:8.9530434401139%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 328.47kcal (16.42%), Fat: 11.02g (16.96%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 53.63g (17.88%), Net Carbohydrates: 50.42g (18.33%), Sugar: 10.61g (11.79%), Cholesterol: 0mg (0%), Sodium: 34.33mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Manganese: 0.69mg (34.57%), Vitamin K: 34.27µg (32.64%), Fiber: 3.21g (12.85%), Vitamin E: 1.84mg (12.25%), Potassium: 386.16mg (11.03%), Selenium: 7.57µg (10.82%), Copper: 0.21mg (10.58%), Vitamin C: 8.62mg (10.45%), Phosphorus: 101.65mg (10.17%), Vitamin B6: 0.18mg (9.22%), Magnesium: 29.33mg (7.33%), Vitamin B5: 0.64mg (6.36%), Vitamin B3: 1.22mg (6.09%), Iron:

1.09mg (6.07%), Folate: 23.41µg (5.85%), Calcium: 56.51mg (5.65%), Zinc: 0.72mg (4.79%), Vitamin B2: 0.07mg (4.2%), Vitamin B1: 0.06mg (3.81%), Vitamin A: 59.43IU (1.19%)