



Rice with Goodies



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon
- ☐ 1 carrots chopped
- ☐ 2 stalks celery diced
- ☐ 1 teaspoon chicken soup base
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 apples i use 2 granny smith apples diced cored peeled
- ☐ 6 servings ground pepper black to taste
- ☐ 0.5 onion chopped

- ☐ 0.5 cup parsley chopped
- ☐ 0.5 cup peas
- ☐ 0.5 cup raisins
- ☐ 0.5 cup slivered almonds
- ☐ 3 tablespoons soya sauce
- ☐ 1 cup turkey meat cooked chopped
- ☐ 3 cups water
- ☐ 1.5 cups rice white uncooked

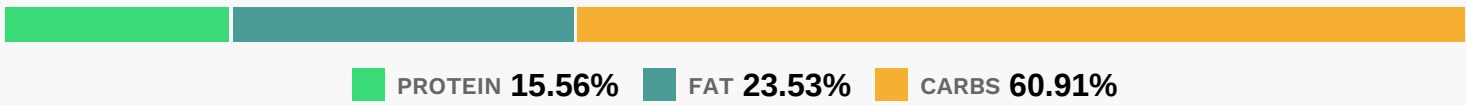
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan bring water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Mix the onion, celery, carrot, peas, mushrooms, almonds, raisins and apple into the skillet. Slowly cook and stir over medium heat until tender.
- ☐ Mix in the turkey, chicken soup base, soy sauce, parsley and pepper.
- ☐ Mix in the rice.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:70.53, Glycemic Load:29.81, Inflammation Score:-9, Nutrition Score:20.34826085101%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 11.15mg, Apigenin: 11.15mg, Apigenin: 11.15mg, Apigenin: 11.15mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 375.82kcal (18.79%), Fat: 9.99g (15.36%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 53.12g (19.32%), Sugar: 5.92g (6.58%), Cholesterol: 22.94mg (7.65%), Sodium: 716.95mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Vitamin K: 91.16µg (86.82%), Vitamin A: 2300.22IU (46%), Manganese: 0.92mg (45.95%), Vitamin B3: 4.97mg (24.87%), Selenium: 16.9µg (24.14%), Phosphorus: 220.59mg (22.06%), Fiber: 5.04g (20.16%), Vitamin B6: 0.4mg (19.99%), Copper: 0.39mg (19.35%), Vitamin B2: 0.33mg (19.13%), Vitamin C: 15.56mg (18.86%), Vitamin E: 2.64mg (17.6%), Magnesium: 65.3mg (16.32%), Potassium: 538mg (15.37%), Iron: 2.17mg (12.06%), Vitamin B1: 0.18mg (12.03%), Zinc: 1.77mg (11.83%), Vitamin B5: 1.17mg (11.74%), Folate: 38.96µg (9.74%), Calcium: 73.09mg (7.31%), Vitamin B12: 0.35µg (5.86%)