

Rice with Summer Squash

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 cup carrots chopped
- 0.3 cup rice long grain uncooked
- 0.3 cup rice long grain uncooked
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 cup vegetable broth reduced-sodium

1 medium to 3 sized squashes yellow chopped

1 medium zucchini chopped

Equipment

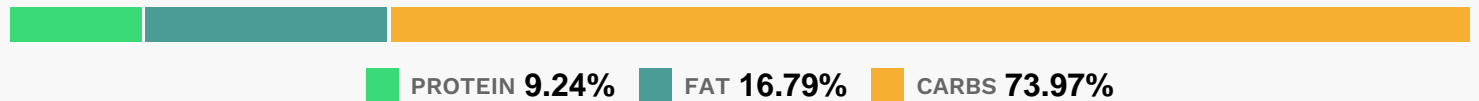
sauce pan

Directions

In a large saucepan coated with cooking spray, cook carrots and onion in butter until tender. Stir in the broth, rice, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 13 minutes.

Stir in yellow squash and zucchini. Cover and simmer 6–10 minutes longer or until rice and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:81.3, Glycemic Load:16.79, Inflammation Score:-10, Nutrition Score:12.483913042299%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 178.99kcal (8.95%), Fat: 3.39g (5.21%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 30.63g (11.14%), Sugar: 4.96g (5.51%), Cholesterol: 7.53mg (2.51%), Sodium: 197.19mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Vitamin A: 5630.47IU (112.61%), Manganese: 0.6mg (29.79%), Vitamin C: 20.47mg (24.81%), Vitamin B6: 0.31mg (15.29%), Potassium: 425.86mg (12.17%), Fiber: 2.95g (11.8%), Folate: 38.44µg (9.61%), Vitamin B2: 0.16mg (9.18%), Phosphorus: 90.74mg (9.07%), Vitamin K: 8.36µg (7.96%), Magnesium: 30.99mg (7.75%), Selenium: 5.03µg (7.18%), Copper: 0.14mg (7.14%), Vitamin B1: 0.1mg (6.52%), Vitamin B3: 1.29mg (6.47%), Vitamin B5: 0.61mg (6.06%), Zinc: 0.75mg (5.01%), Iron: 0.75mg (4.18%), Calcium: 40.47mg (4.05%), Vitamin E: 0.45mg (2.99%)