



Robin's Rice

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 2 garlic cloves minced
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons slivered almonds

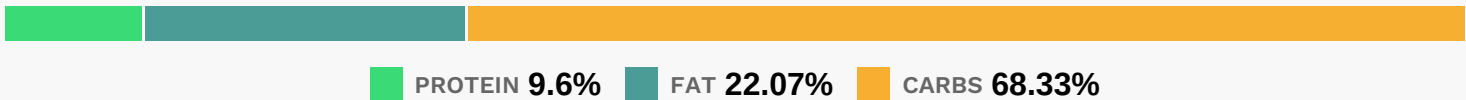
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat olive oil in a medium saucepan over medium-high heat.
- ☐ Add onion to pan; saut 3 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add rice and almonds; saut 2 minutes.
- ☐ Add salt, freshly ground black pepper, and broth to the pan; bring to a boil. Cover, reduce heat, and simmer about 15 minutes or until liquid is absorbed and rice is tender.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:17.17, Inflammation Score:-2, Nutrition Score:5.5382608701677%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 180.67kcal (9.03%), Fat: 4.42g (6.8%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 29.41g (10.69%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 553.79mg (24.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Manganese: 0.56mg (28.06%), Selenium: 7.91µg (11.3%), Vitamin E: 1.54mg (10.26%), Phosphorus: 81.21mg (8.12%), Copper: 0.16mg (7.91%), Vitamin B3: 1.32mg (6.59%), Magnesium: 25.09mg (6.27%), Vitamin B2: 0.1mg (5.9%), Vitamin B6: 0.11mg (5.63%), Fiber: 1.37g (5.46%), Vitamin

B5: 0.52mg (5.21%), Zinc: 0.6mg (3.97%), Potassium: 133.5mg (3.81%), Iron: 0.68mg (3.76%), Vitamin B1: 0.05mg (3.38%), Calcium: 33.57mg (3.36%), Vitamin B12: 0.2µg (3.31%), Folate: 8.57µg (2.14%), Vitamin C: 1.45mg (1.76%), Vitamin K: 1.22µg (1.16%)