

# Savory Herb Rice

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



167 kcal

SIDE DISH

## Ingredients

- 1 tablespoon butter
- 1 teaspoon vegetable cube
- 0.3 teaspoon basil dried
- 0.3 teaspoon marjoram dried
- 1 teaspoon dehydrated onion dried minced
- 0.3 teaspoon thyme dried
- 1 cup rice long grain uncooked
- 2 tablespoons soy sauce reduced-sodium

0.5 teaspoon onion powder

2 cups water

## Equipment

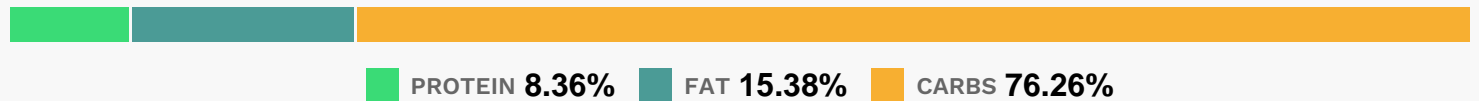
sauce pan

## Directions

In a large saucepan, combine the water, butter and bouillon. Bring to a boil.

Add remaining ingredients. Reduce heat; cover and simmer for about 15 minutes or until liquid is absorbed and rice is tender.

## Nutrition Facts



## Properties

Glycemic Index:22.24, Glycemic Load:17.81, Inflammation Score:-2, Nutrition Score:3.6326087201419%

## Nutrients (% of daily need)

Calories: 166.52kcal (8.33%), Fat: 2.79g (4.3%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 30.47g (11.08%), Sugar: 0.53g (0.59%), Cholesterol: 6.02mg (2.01%), Sodium: 422.99mg (18.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Manganese: 0.46mg (22.75%), Selenium: 5.73µg (8.18%), Phosphorus: 57.73mg (5.77%), Copper: 0.11mg (5.32%), Vitamin B6: 0.09mg (4.46%), Vitamin B5: 0.41mg (4.14%), Magnesium: 16.28mg (4.07%), Vitamin B3: 0.68mg (3.41%), Zinc: 0.5mg (3.33%), Iron: 0.52mg (2.87%), Fiber: 0.71g (2.82%), Potassium: 85.51mg (2.44%), Vitamin B1: 0.03mg (2.32%), Vitamin B2: 0.04mg (2.14%), Calcium: 21.26mg (2.13%), Folate: 7.93µg (1.98%), Vitamin K: 2.02µg (1.93%), Vitamin A: 72.82IU (1.46%)