



Seasoned Rice Mix

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



523 kcal

SIDE DISH

Ingredients

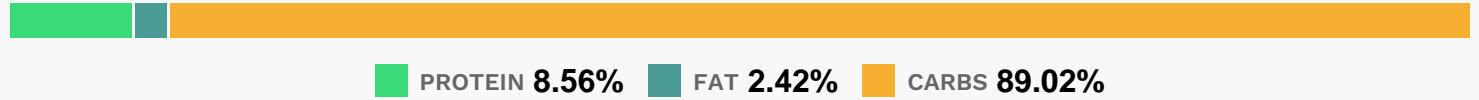
- 2 tablespoons chicken soup base
- 0.3 cup parsley flakes dried
- 0.3 teaspoon thyme leaves dried
- 0.5 teaspoon garlic powder
- 2 teaspoons onion powder
- 3 cups rice long-grain uncooked

Equipment

Directions

- Stir together all ingredients.
- Place 1 cup mixture into each of 3 airtight containers. Store in a cool, dry place. Prep: 10 min.

Nutrition Facts



Properties

Glycemic Index:16.55, Glycemic Load:66.78, Inflammation Score:-5, Nutrition Score:12.536956756011%

Flavonoids

Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg

Nutrients (% of daily need)

Calories: 522.5kcal (26.12%), Fat: 1.37g (2.1%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 113.28g (37.76%), Net Carbohydrates: 110.85g (40.31%), Sugar: 0.79g (0.88%), Cholesterol: 0.32mg (0.11%), Sodium: 611.86mg (26.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.79%), Manganese: 1.69mg (84.41%), Selenium: 22.11µg (31.58%), Vitamin K: 22.5µg (21.42%), Phosphorus: 175.42mg (17.54%), Copper: 0.33mg (16.29%), Vitamin B5: 1.45mg (14.49%), Vitamin B6: 0.26mg (12.89%), Vitamin B3: 2.45mg (12.23%), Zinc: 1.66mg (11.03%), Magnesium: 43.89mg (10.97%), Fiber: 2.43g (9.72%), Iron: 1.62mg (8.99%), Vitamin B1: 0.11mg (7.28%), Vitamin B2: 0.12mg (6.91%), Calcium: 66.65mg (6.67%), Potassium: 224.04mg (6.4%), Folate: 15.7µg (3.93%), Vitamin C: 2.25mg (2.73%), Vitamin E: 0.31mg (2.09%)