



Sesame-Garlic Brown Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

123 kcal

SIDE DISH

Ingredients



1 tablespoon bottled garlic minced



1 cup carrots shredded



2 teaspoons sesame oil dark



0.3 cup green onions thinly sliced



0.3 teaspoon coarsely ground pepper black



1 cup brown rice instant such as Uncle Ben's



1 tablespoon soya sauce low-sodium



0.3 teaspoon salt

☐ 1.3 cups water

Equipment

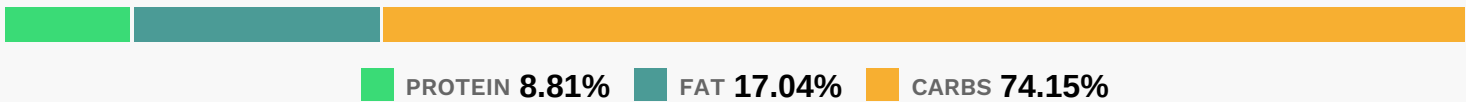
☐ frying pan

☐ sauce pan

Directions

- ☐ Combine water and rice in a medium saucepan; bring to a boil over medium heat. Cover, reduce heat, and simmer 10 minutes or until water is absorbed.
- ☐ Heat sesame oil in a small skillet; add carrot, and saut 2 to 3 minutes or until crisp-tender.
- ☐ Remove rice from heat; stir in sauted carrot, garlic, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:10.772608694823%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 122.68kcal (6.13%), Fat: 2.33g (3.58%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 21.16g (7.7%), Sugar: 1.73g (1.92%), Cholesterol: 0mg (0%), Sodium: 319.18mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin A: 5409.25IU (108.19%), Manganese: 0.36mg (18.18%), Folate: 71.1µg (17.77%), Vitamin K: 17.72µg (16.88%), Vitamin B1: 0.23mg (15.53%), Selenium: 8.63µg (12.32%), Vitamin B3: 1.93mg (9.63%), Iron: 1.67mg (9.3%), Fiber: 1.61g (6.42%), Vitamin B6: 0.13mg (6.37%), Phosphorus: 51.46mg (5.15%), Vitamin C: 4.23mg (5.13%), Potassium: 156.26mg (4.46%), Copper: 0.09mg (4.26%), Zinc: 0.49mg (3.29%), Magnesium: 12.8mg (3.2%), Calcium: 30.79mg (3.08%), Vitamin B2: 0.04mg (2.56%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.3mg (2.02%)