



Sesame-Ginger Rice

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 cups chicken broth
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground pepper
- 4 servings garnish: lime wedges fresh
- 1 cup rice long-grain uncooked
- 0.5 teaspoon salt

1 teaspoon sesame seed

Equipment

sauce pan

oven

Directions

Melt butter in a 3 1/2-qt. saucepan over medium-high heat. Stir in rice, and saut 2 minutes or until rice turns opaque. Stir in sesame seeds.

Add chicken broth and next 3 ingredients; bring to a boil.

Cover, reduce heat to low, and cook mixture 20 to 25 minutes or until liquid is absorbed and rice is tender; fluff with a fork. Stir in 2 Tbsp. chopped parsley.

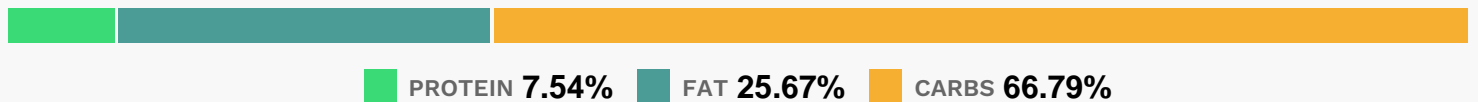
Garnish, if desired.

*2 Tbsp. chopped fresh cilantro may be substituted.

Note: To make rice in the oven instead of on the cooktop, prepare recipe as directed through Step 1, using an ovenproof saucepan.

Bake, covered, at 350 for 20 to 25 minutes or until liquid is absorbed and rice is tender. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:60.55, Glycemic Load:22.34, Inflammation Score:-3, Nutrition Score:6.5865217421366%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 231.09kcal (11.55%), Fat: 6.51g (10.02%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 37.28g (13.56%), Sugar: 0.61g (0.68%), Cholesterol: 17.4mg (5.8%), Sodium: 775.22mg (33.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Manganese: 0.67mg (33.64%), Vitamin K: 33.55µg (31.95%), Selenium: 7.85µg (11.21%), Copper: 0.15mg (7.33%), Vitamin A: 347.06IU (6.94%), Phosphorus: 64.67mg (6.47%), Vitamin B2: 0.1mg (5.79%), Vitamin B3: 1.08mg (5.38%), Vitamin B5: 0.5mg (5.01%), Zinc: 0.67mg (4.44%), Vitamin B1: 0.06mg (4.24%), Vitamin B6: 0.08mg (4.21%), Magnesium: 16.45mg (4.11%), Iron: 0.72mg (4%), Vitamin C: 2.95mg (3.58%), Fiber: 0.82g (3.28%), Calcium: 28.31mg (2.83%), Potassium: 95.48mg (2.73%), Folate: 7.57µg (1.89%), Vitamin E: 0.28mg (1.87%)