



Sito's Easy Noodle Rice

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup rice uncooked
- 1 tablespoon butter
- 0.5 teaspoon pepper freshly ground to taste
- 0.5 cup vermicelli uncooked
- 1 teaspoon salt to taste

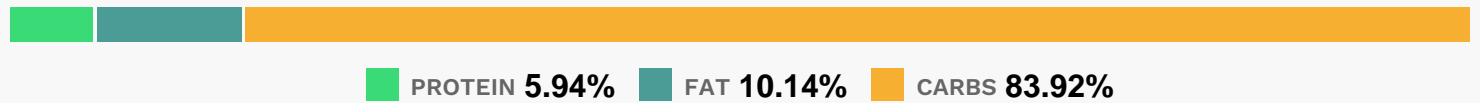
Equipment

- sauce pan

Directions

- Melt butter in a 3 1/2-quart saucepan.
- Add noodles, and cook about 3 minutes or until browned, stirring occasionally.
- Add remaining ingredients and 2 cups boiling water. Bring to a boil, cover, and reduce heat to low. Simmer 15 minutes or until water is absorbed and rice is tender.
- Remove from heat, and let stand 5 minutes. Fluff rice with a fork, and stir in more salt and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:33.53, Glycemic Load:24.19, Inflammation Score:-1, Nutrition Score:3.1834782080158%

Nutrients (% of daily need)

Calories: 201.46kcal (10.07%), Fat: 2.21g (3.4%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 40.41g (14.7%), Sugar: 0.04g (0.04%), Cholesterol: 5.02mg (1.67%), Sodium: 440.04mg (19.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Manganese: 0.46mg (22.8%), Selenium: 7.67µg (10.95%), Phosphorus: 66.45mg (6.64%), Copper: 0.09mg (4.29%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.49mg (3.25%), Fiber: 0.76g (3.03%), Vitamin B3: 0.54mg (2.7%), Vitamin B6: 0.05mg (2.7%), Magnesium: 10.42mg (2.6%), Iron: 0.4mg (2.25%), Vitamin B1: 0.03mg (1.87%), Calcium: 13.72mg (1.37%), Potassium: 44.23mg (1.26%), Vitamin A: 59.22IU (1.18%), Vitamin B2: 0.02mg (1.15%)