



 **75%**
HEALTH SCORE

Summer Squash and Green Rice

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

Ingredients

- 1.5 cups brown rice long-grain
- 3 tablespoons cilantro leaves fresh chopped
- 3 tablespoons mint leaves fresh chopped
- 3 cloves garlic minced
- 3 green onions diced
- 4 servings kosher salt and pepper black freshly ground
- 3.5 cups chicken broth low-sodium
- 2 tablespoons olive oil

2 baby squash yellow sliced into half moons

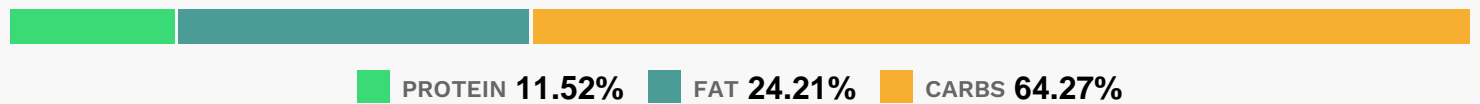
Equipment

frying pan

Directions

- Add the olive oil to a large skillet over medium-high heat. Once hot, add the garlic, green onions and yellow squash. Cook until soft and beginning to brown, about 4 minutes. Season with salt and pepper and continue to saute until fragrant, 1 to 2 minutes. Stir in the rice.
- Add the broth, bring to a simmer and reduce the heat to medium-low. Cover with a lid and cook until the rice is tender and the liquid has been absorbed, about 35 minutes. Turn off the heat and let the rice sit for 10 minutes longer.
- Remove the lid and fluff the rice with a fork. Stir in the cilantro and mint.

Nutrition Facts



Properties

Glycemic Index:54.19, Glycemic Load:31.53, Inflammation Score:-7, Nutrition Score:19.592173775901%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 377.7kcal (18.89%), Fat: 10.39g (15.99%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 57.96g (21.07%), Sugar: 2.66g (2.96%), Cholesterol: 0mg (0%), Sodium: 70.04mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.25%), Manganese: 2.95mg (147.43%), Vitamin B3: 6.51mg (32.54%), Vitamin B6: 0.64mg (31.8%), Magnesium: 126.22mg (31.56%), Phosphorus: 297.1mg (29.71%), Vitamin K: 26.92µg (25.63%), Vitamin C: 20.33mg (24.64%), Vitamin B1: 0.35mg (23.61%), Potassium: 683.46mg (19.53%), Copper: 0.38mg (19.06%), Fiber: 4.12g (16.46%), Vitamin B2: 0.25mg (14.83%), Iron: 2.48mg (13.75%), Zinc: 2.04mg (13.57%), Folate: 52.98µg (13.24%), Vitamin B5: 1.25mg (12.52%), Vitamin A: 466.02IU (9.32%), Vitamin E: 1.19mg (7.9%), Calcium: 66.85mg (6.69%), Vitamin B12: 0.21µg (3.44%)