



## Sweet Tea Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



113 kcal

BEVERAGE

DRINK

## Ingredients

- 1 cup rice long-grain uncooked
- 0.5 teaspoon salt
- 2 cups freshly tea sweetened

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Bring tea to a boil in a 3-qt. saucepan over medium-high heat; stir in rice and salt. Cover, reduce heat to low, and simmer 20 minutes or until tea is absorbed and rice is tender.
- TRY THESE TWISTS!
- Sweet Tea Rice with Jalapeo, Peaches, and Pecans: Prepare recipe as directed. Meanwhile, melt 2 Tbsp. butter in a large skillet over medium heat; add 1/2 cup chopped pecans, and cook, stirring often, 3 to 4 minutes or until toasted and fragrant.
- Add 1 large seeded and minced jalapeo pepper, and saut 1 minute. Stir in hot cooked rice, 1 large peeled and diced fresh peach, 1 Tbsp. chopped fresh chives, 1/4 tsp. salt, and 1/4 tsp. pepper. Hands-on time: 10 min.; Total time: 25 min.
- Sweet Tea Rice with Caramelized Onions: Prepare recipe as directed. Meanwhile, melt 2 Tbsp. butter in a large skillet over medium heat; add 1 diced, large sweet onion, and saut 20 minutes or until caramel colored. Stir in 1 Tbsp. balsamic vinegar, 1/4 tsp. salt, and 1/4 tsp. pepper. Stir in hot cooked rice. Hands-on time: 25 min.; Total time: 25 min.
- Sweet Tea Rice Tabbouleh: Prepare recipe as directed.
- Transfer rice to a large bowl, and let cool completely (about 30 minutes). Stir in 2 seeded and diced plum tomatoes, 3 thinly sliced green onions, 1/3 cup chopped fresh parsley, 2 Tbsp. chopped fresh mint, 3 Tbsp. olive oil, 2 tsp. lemon zest, 1/3 cup fresh lemon juice, 1/2 tsp. salt, and 1/2 tsp. pepper. Cover and chill 1 hour. Hands-on time: 10 min.; Total time: 2 hr.
- Sweet Tea Rice with Fresh Ginger and Pears: Prepare recipe as directed. Meanwhile, melt 2 Tbsp. butter in a large skillet over medium-high heat; add 2 minced large shallots, and saut 1 minute.
- Add 1 peeled and diced large pear, 2 tsp. grated fresh ginger, 1/2 tsp. pepper, and 1/4 tsp. salt, and saut 5 minutes or until pear is tender. Stir in hot cooked rice. Hands-on time: 10 min.; Total time: 25 min.

## Nutrition Facts



## Properties

Glycemic Index:10.2, Glycemic Load:14.84, Inflammation Score:-4, Nutrition Score:2.7473912970365%

## Flavonoids

Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg

## Nutrients (% of daily need)

Calories: 113.33kcal (5.67%), Fat: 0.2g (0.31%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 24.49g (8.9%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 197.69mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.73mg (5.24%), Protein: 2.2g (4.4%), Manganese: 0.51mg (25.41%), Selenium: 4.66µg (6.65%), Copper: 0.08mg (3.79%), Phosphorus: 36.24mg (3.62%), Vitamin B5: 0.32mg (3.21%), Vitamin B6: 0.05mg (2.53%), Magnesium: 10.07mg (2.52%), Vitamin B3: 0.49mg (2.47%), Zinc: 0.35mg (2.35%), Potassium: 64.61mg (1.85%), Folate: 6.4µg (1.6%), Fiber: 0.4g (1.6%), Vitamin B2: 0.03mg (1.54%), Iron: 0.26mg (1.47%), Vitamin B1: 0.02mg (1.44%)