



Toasted Herb Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



547 kcal

Ingredients

- ☐ 6 servings garnish: basil sprig fresh
- ☐ 3 tablespoons butter
- ☐ 28 ounce chicken broth canned
- ☐ 1 teaspoon basil dried
- ☐ 6 green onions chopped
- ☐ 0.3 cup pinenuts toasted
- ☐ 1.8 cups converted rice long-grain with uncle ben's) uncooked
- ☐ 0.3 teaspoon salt

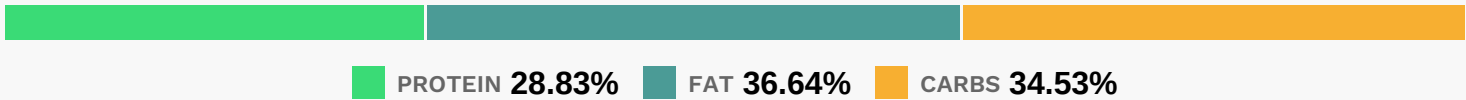
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Melt butter in a large skillet over medium–high heat; add rice, and saut 4 minutes or until golden brown.
- ☐ Combine sauted rice, broth, and next 3 ingredients in a 4–quart slow cooker.
- ☐ Cover and cook on HIGH 2 hours or until liquid is absorbed and rice is tender. Stir in pine nuts.
- ☐ Garnish, if desired.
- ☐ Fresh is Best: If you have fresh basil on hand, use 1 tablespoon fresh instead of 1 teaspoon dried basil.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:26.16, Inflammation Score:-6, Nutrition Score:17.400435162627%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 547.19kcal (27.36%), Fat: 21.88g (33.66%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 45g (16.36%), Sugar: 0.62g (0.69%), Cholesterol: 66.15mg (22.05%), Sodium: 805.55mg (35.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.73g (77.46%), Manganese: 1.31mg (65.3%), Selenium: 32.63µg (46.61%), Vitamin K: 43.14µg (41.08%), Phosphorus: 315.22mg (31.52%), Zinc: 4.45mg (29.7%), Vitamin B3: 4.46mg (22.29%), Vitamin B12: 1.33µg (22.17%), Vitamin B6: 0.36mg (18.01%), Iron: 2.96mg (16.43%), Magnesium: 62.53mg (15.63%), Copper: 0.31mg (15.25%), Vitamin A: 713.11IU (14.26%), Vitamin B2: 0.19mg (11.26%), Potassium: 355.61mg (10.16%), Vitamin E: 1.5mg (10%), Vitamin B5: 0.59mg (5.91%), Fiber: 1.39g (5.54%), Calcium: 52.9mg (5.29%), Vitamin B1: 0.07mg (4.88%), Folate: 19.14µg (4.78%), Vitamin C: 2.69mg (3.26%)