



Walnut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 1.5 cups rice long-grain uncooked
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons walnut oil toasted
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 2.8 cups water

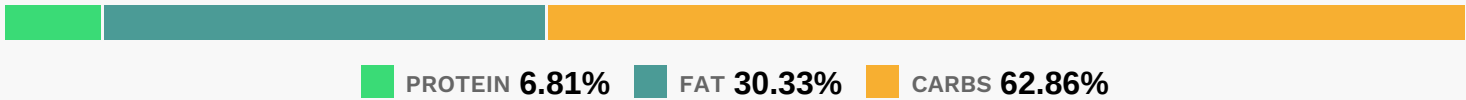
Equipment

☐ sauce pan

Directions

- ☐ Bring first 3 ingredients to a boil in a medium saucepan; add rice. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat. Stir in parsley, walnuts, walnut oil, and pepper.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:16.8, Inflammation Score:-2, Nutrition Score:5.1847826242447%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg 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: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 188.44kcal (9.42%), Fat: 6.13g (9.43%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 27.81g (10.11%), Sugar: 0.23g (0.25%), Cholesterol: 0mg (0%), Sodium: 225.33mg (9.8%), Alcohol: 0.77g (100%), Alcohol %: 0.74% (100%), Protein: 3.1g (6.19%), Vitamin K: 31.54µg (30.04%), Manganese: 0.52mg (26.13%), Selenium: 5.43µg (7.76%), Copper: 0.15mg (7.58%), Phosphorus: 55.08mg (5.51%), Magnesium: 17.06mg (4.27%), Vitamin B6: 0.08mg (4.11%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.53mg (3.53%), Vitamin A: 159.02IU (3.18%), Vitamin B3: 0.63mg (3.15%), Fiber: 0.77g (3.09%), Vitamin C: 2.54mg (3.08%), Iron: 0.53mg (2.94%), Vitamin B1: 0.04mg (2.59%), Folate: 9.29µg (2.32%), Potassium: 72.6mg (2.07%), Calcium: 19.41mg (1.94%), Vitamin B2: 0.03mg (1.5%)