



## Yellow Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

## Ingredients

- 1 teaspoon salt (scant)
- 2 teaspoons vegetable oil
- 2.3 cups chicken broth
- 0.5 teaspoon turmeric (scant)
- 1 garlic clove chopped
- 2 tablespoons shallots chopped
- 1.5 cups rice rinsed well

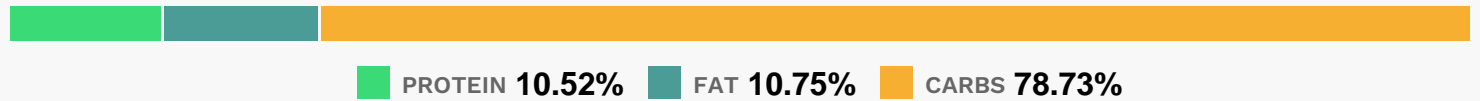
## Equipment

sauce pan

## Directions

- Heat oil in heavy medium saucepan over medium-high heat.
- Add shallot and garlic; saute until just beginning to brown, about 2 minutes.
- Add rice, broth, salt, and turmeric. Bring rice to boil. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid is absorbed, about 18 minutes.

## Nutrition Facts



## Properties

Glycemic Index:31.55, Glycemic Load:33.66, Inflammation Score:-9, Nutrition Score:6.8973913196798%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 299.95kcal (15%), Fat: 3.54g (5.44%), Saturated Fat: 0.71g (4.47%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 57.18g (20.79%), Sugar: 0.66g (0.74%), Cholesterol: 0mg (0%), Sodium: 625.49mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.59%), Manganese: 0.8mg (40.15%), Selenium: 10.65µg (15.22%), Vitamin B3: 2.96mg (14.78%), Phosphorus: 124.42mg (12.44%), Copper: 0.23mg (11.45%), Vitamin B6: 0.16mg (7.91%), Vitamin B5: 0.72mg (7.22%), Potassium: 220.09mg (6.29%), Zinc: 0.93mg (6.2%), Iron: 1.02mg (5.64%), Magnesium: 20.41mg (5.1%), Fiber: 1.13g (4.52%), Vitamin B2: 0.08mg (4.48%), Vitamin K: 4.29µg (4.09%), Vitamin B1: 0.05mg (3.56%), Calcium: 28.76mg (2.88%), Vitamin B12: 0.13µg (2.21%), Folate: 7.37µg (1.84%), Vitamin E: 0.27mg (1.8%)