

# Rice and Pecans

*Crystal River Inn - San Marcos, TX*  
*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 4

1 1/2 cups rice  
3 3/4 cups water  
1 1/2 teaspoons salt  
2 tablespoons butter or margarine  
1 cup pecan halves, toasted  
1/4 cup parsley, minced  
1/4 cup onions, diced and sautee'd  
1/4 cup celery, diced and sautee'd

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To toast the pecans, melt the butter in a skillet over medium heat. Stir the pecans until they are crisp and beginning to brown. Watch and stir to avoid burning. In a separate skillet, saute' the onions and celery in butter.

Cook the rice in salted water using your favorite method.

When the rice is fluffy and the water is absorbed, stir in the toasted pecan halves, parsley, sautee'd onions and sautee'd celery using a fork to keep the rice fluffy.

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Per Serving (excluding unknown items): 490 Calories; 24g Fat (44.3% calories from fat); 7g Protein; 62g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 877mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	490
% Calories from Fat:	44.3%
% Calories from Carbohydrates:	49.7%
% Calories from Protein:	5.9%
Total Fat (g):	24g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	16mg
Carbohydrate (g):	62g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	26mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	4
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**Protein (g):** 7g  
**Sodium (mg):** 877mg  
**Potassium (mg):** 245mg  
**Calcium (mg):** 51mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 456IU  
**Vitamin A (r.e.):** 77 1/2RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 490 Calories from Fat: 217

### % Daily Values\*

<b>Total Fat</b>	24g	38%
Saturated Fat	5g	26%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	877mg	37%
<b>Total Carbohydrates</b>	62g	21%
Dietary Fiber	3g	13%
<b>Protein</b>	7g	

<b>Vitamin A</b>	9%
<b>Vitamin C</b>	11%
<b>Calcium</b>	5%
<b>Iron</b>	22%

\* Percent Daily Values are based on a 2000 calorie diet.