



WHATSheATE



Antioqueño Rice (Arroz Antioqueño)



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



508 kcal

SIDE DISH

Ingredients

- ☐ 6 servings avocados for serving
- ☐ 0.3 pound bacon cut into small pieces
- ☐ 1 tablespoon butter
- ☐ 15.5 oz pinto beans washed drained canned
- ☐ 2.5 chicken stock see
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup regular corn frozen
- ☐ 1 garlic clove chopped

- ☐ 1 tablespoon olive oil
- ☐ 1 plantains diced sweet peeled
- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 servings salt and pepper
- ☐ 1 scallion chopped
- ☐ 1 medium tomatoes chopped
- ☐ 0.3 cup onions white chopped
- ☐ 1 cup rice white

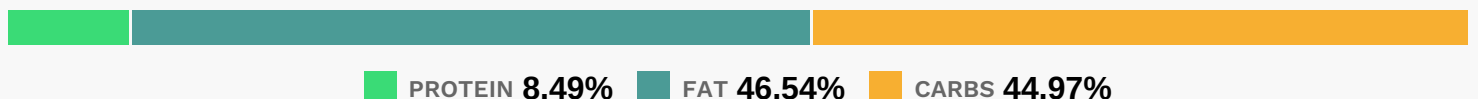
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a medium pot over medium heat, add the olive oil, chorizo and bacon. Cook for about 5 –7 minutes or until the bacon and chorizo are well browned.
- ☐ Remove the chorizo and bacon from the pot using a slotted spoon and place them on a plate to cool.
- ☐ Add the onions, tomato, scallion, red pepper and garlic to the pot where you cooked the meats. Cook for about 10 minutes or until the onions are translucent.
- ☐ Add the rice and stir for 2 minutes, then add the chicken stock and bring to a boil. Reduce the heat to low, add the salt and pepper. Cover and cook for 10 minutes. Meanwhile in a small skillet, heat the butter and add the plantains. Cook for about 6 minutes, stirring occasionally. Set aside.
- ☐ Add the corn, beans, chorizo and bacon to the rice. Stir, cover and cook for 10 minutes more.
- ☐ Add the cilantro and plantain then mix well and serve with avocado on top.

Nutrition Facts



Properties

Glycemic Index:64.53, Glycemic Load:19.56, Inflammation Score:-8, Nutrition Score:20.54000011216%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 508.29kcal (25.41%), Fat: 27.33g (42.05%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 47.5g (17.27%), Sugar: 7.81g (8.68%), Cholesterol: 17.5mg (5.83%), Sodium: 543.5mg (23.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Fiber: 11.93g (47.73%), Manganese: 0.83mg (41.55%), Vitamin K: 40.9µg (38.95%), Vitamin C: 28.95mg (35.09%), Folate: 122.1µg (30.53%), Potassium: 1029.2mg (29.41%), Vitamin B6: 0.56mg (28%), Copper: 0.43mg (21.71%), Vitamin E: 3.23mg (21.54%), Phosphorus: 214.53mg (21.45%), Vitamin B5: 2.09mg (20.93%), Magnesium: 82.72mg (20.68%), Vitamin A: 979.23IU (19.58%), Vitamin B3: 3.84mg (19.2%), Vitamin B1: 0.23mg (15.22%), Selenium: 9.57µg (13.68%), Iron: 2.37mg (13.17%), Vitamin B2: 0.22mg (13.07%), Zinc: 1.84mg (12.29%), Calcium: 64.97mg (6.5%), Vitamin B12: 0.1µg (1.64%)