

Arroz Rojo (Mexican Red Rice)



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup tomato sauce canned
- ☐ 2 sprigs cilantro leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 1 jalapeno chopped
- ☐ 1.8 cups chicken broth low-sodium
- ☐ 1 cup onion minced
- ☐ 2 roma cored plum tomatoes
- ☐ 5 servings salt to taste

- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup rice long-grain white uncooked

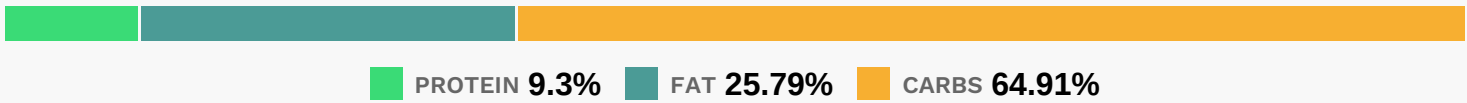
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ box grater

Directions

- ☐ Grate tomatoes into a bowl using a box grater; discard tomato skins.
- ☐ Heat vegetable oil in a heavy skillet over medium-high heat and cook onion until translucent, stirring often, about 5 minutes. Stir garlic into onion and cook until fragrant, about 1 minute.
- ☐ Stir rice into onion mixture and cook, stirring often, until rice is lightly toasted, about 3 more minutes. Stir grated tomato, chicken broth, and tomato sauce into the rice. Bring mixture to a boil.
- ☐ Mix in jalapeno pepper, cilantro, and salt; reduce heat to low. Cover skillet and simmer until rice has absorbed the liquid, about 15 minutes. Do not lift the cover while the rice is cooking.
- ☐ Turn off heat and let rice stand covered for 8 minutes. Fluff with a fork before transferring rice to a serving dish.

Nutrition Facts



Properties

Glycemic Index:53.04, Glycemic Load:19.08, Inflammation Score:-5, Nutrition Score:6.9460870234863%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 219.36kcal (10.97%), Fat: 6.32g (9.72%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 34.15g (12.42%), Sugar: 2.73g (3.04%), Cholesterol: 0mg (0%), Sodium: 281.7mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Manganese: 0.51mg (25.61%), Vitamin K: 15.77µg (15.01%), Vitamin C: 10.56mg (12.8%), Vitamin B3: 2.08mg (10.42%), Phosphorus: 88.86mg (8.89%), Selenium: 6.01µg (8.59%), Copper: 0.17mg (8.59%), Vitamin B6: 0.17mg (8.36%), Potassium: 271.89mg (7.77%), Vitamin A: 350.54IU (7.01%), Fiber: 1.63g (6.54%), Vitamin E: 0.93mg (6.17%), Vitamin B5: 0.5mg (4.96%), Magnesium: 18.8mg (4.7%), Iron: 0.77mg (4.26%), Zinc: 0.63mg (4.21%), Vitamin B2: 0.07mg (4.06%), Folate: 15.21µg (3.8%), Vitamin B1: 0.06mg (3.79%), Calcium: 28.44mg (2.84%), Vitamin B12: 0.08µg (1.38%)