

Best Spanish Rice

☒ Vegetarian ☒ Gluten Free ☒ Dairy Free ☒ Popular

READY IN

ready

30 min.

SERVINGS

servings

5

CALORIES

calories

274 kcal

SIDE DISH

Ingredients

- ☐ 2 cups chicken broth
- ☐ 2 tablespoons oil
- ☐ 2 tablespoons onion chopped
- ☐ 1 cup chunky salsa
- ☐ 1.5 cups rice white uncooked

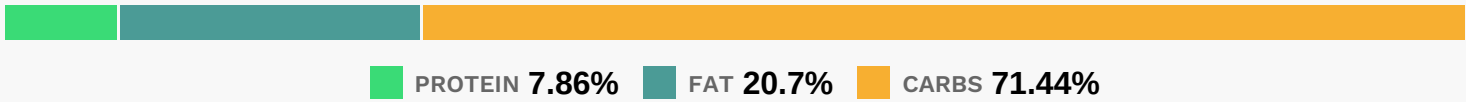
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large, heavy skillet over medium heat. Stir in onion, and cook until tender, about 5 minutes.
- ☐ Mix rice into skillet, stirring often. When rice begins to brown, stir in chicken broth and salsa. Reduce heat, cover and simmer 20 minutes, until liquid has been absorbed.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:26.79, Inflammation Score:-3, Nutrition Score:6.9321738714757%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 274.4kcal (13.72%), Fat: 6.27g (9.64%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 46.94g (17.07%), Sugar: 2.62g (2.91%), Cholesterol: 1.88mg (0.63%), Sodium: 692.79mg (30.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Manganese: 0.71mg (35.55%), Selenium: 9.24µg (13.21%), Vitamin E: 1.71mg (11.43%), Vitamin B6: 0.19mg (9.37%), Copper: 0.17mg (8.58%), Phosphorus: 85.39mg (8.54%), Vitamin B3: 1.68mg (8.4%), Fiber: 1.73g (6.9%), Vitamin B5: 0.68mg (6.81%), Potassium: 220.74mg (6.31%), Vitamin K: 6.25µg (5.95%), Vitamin B2: 0.1mg (5.9%), Magnesium: 23.01mg (5.75%), Vitamin B1: 0.08mg (5.24%), Zinc: 0.78mg (5.21%), Vitamin A: 251.56IU (5.03%), Iron: 0.74mg (4.09%), Calcium: 34.78mg (3.48%), Folate: 7.28µg (1.82%), Vitamin C: 1.28mg (1.56%)