

## Best Spanish Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

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

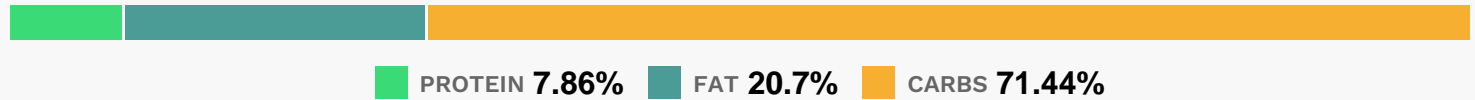
### Equipment

- 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 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: 0g (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%)