



Chile-Spiked Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

Ingredients

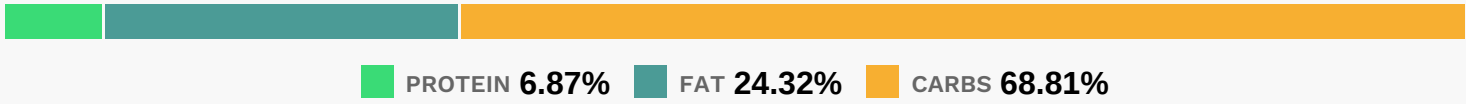
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 cups unseasoned rice simmered in water long-grain white hot cooked
- ☐ 1 tablespoon sambal oelek fresh (ground chile paste)

Equipment

Directions

- ☐
- Start with hot cooked rice simmered in water.
- ☐
- Combine sambal oelek, olive oil, cumin, coriander, kosher salt, and minced garlic; stir mixture into rice.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:24.13, Inflammation Score:-1, Nutrition Score:3.1743478457565%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 142.46kcal (7.12%), Fat: 3.82g (5.88%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 23.87g (8.68%), Sugar: 0.43g (0.47%), Cholesterol: 0mg (0%), Sodium: 147.85mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Manganese: 0.42mg (21.08%), Selenium: 6.33µg (9.05%), Vitamin B6: 0.11mg (5.44%), Phosphorus: 41.25mg (4.13%), Vitamin E: 0.56mg (3.7%), Copper: 0.07mg (3.5%), Vitamin B5: 0.32mg (3.22%), Magnesium: 11.85mg (2.96%), Zinc: 0.44mg (2.92%), Iron: 0.44mg (2.42%), Vitamin K: 2.21µg (2.1%), Vitamin B3: 0.41mg (2.05%), Fiber: 0.46g (1.85%), Vitamin B1: 0.03mg (1.72%), Vitamin C: 1.39mg (1.68%), Potassium: 57.59mg (1.65%), Calcium: 16.11mg (1.61%)