Chipotle Rice

Vegetarian Gluten Free Low Fod Map

READY IN	SERVINGS	CALORIES
45 min.	4	197 kcal

SIDE DISH

Ingredients

- [ ] 0.3 teaspoon pepper black freshly ground
- [ ] 1 tablespoon butter
- [ ] 1 tablespoon chipotle chile canned minced
- [ ] 1 tablespoon cilantro leaves fresh chopped
- [ ] 1 cup rice
- [ ] 0.3 teaspoon salt
- [ ] 2 cups water

Equipment

- [ ] sauce pan

Directions

- [ ] Combine water, butter, minced chipotle chile, salt, and freshly ground black pepper in a small saucepan. Bring to a boil.
- [ ] Add rice; stir gently. Cover, reduce heat, and simmer 18 minutes. Stir in cilantro.

Nutrition Facts

PROTEIN **6.95%** FAT **14.72%** CARBS **78.33%**

Properties

Glycemic Index:43.8, Glycemic Load:22.27, Inflammation Score:-1, Nutrition Score:3.6960869537585%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 196.74kcal (9.84%), Fat: 3.15g (4.84%), Saturated Fat: 1.88g (11.78%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 36.68g (13.34%), Sugar: 0.31g (0.34%), Cholesterol: 7.53mg (2.51%), Sodium: 176.18mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Manganese: 0.52mg (26%), Selenium: 7.03µg (10.04%), Copper: 0.12mg (6.13%), Phosphorus: 54.27mg (5.43%), Vitamin B5: 0.48mg (4.75%), Fiber: 1.01g (4.04%), Vitamin B6: 0.08mg (3.82%), Vitamin B3: 0.74mg (3.72%), Zinc: 0.52mg (3.48%), Magnesium: 13.06mg (3.26%), Iron: 0.48mg (2.64%), Vitamin B1: 0.03mg (2.18%), Vitamin A: 95.08IU (1.9%), Calcium: 18.05mg (1.8%), Potassium: 56.24mg (1.61%), Vitamin B2: 0.02mg (1.43%)