



Chipotle Rice and Fideo Pilaf

READY IN



35 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices oscar mayer bacon chopped
- 2 Tbsp chipotle peppers in adobo sauce divided chopped
- 0.3 cup knudsen cream sour
- 2.5 cups chicken broth fat-free reduced-sodium
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 1 small onion chopped
- 0.5 cup fideo pasta
- 1 cup rice medium-grain white uncooked

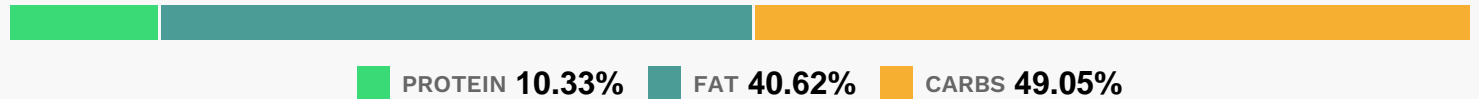
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Mix sour cream and 1 Tbsp. chipotle peppers. Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Reserve 2 tsp. drippings in skillet.
- Add pasta to skillet; cook 2 min. or until lightly browned.
- Add rice, onions and garlic; cook 1 min. Stir in broth and remaining chipotle peppers; bring to boil. Cover; simmer on low heat 18 to 20 min. or until liquid is absorbed.
- Stir in bacon and parsley. Top with sour cream mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:10.01, Inflammation Score:-2, Nutrition Score:4.1747825962046%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 157.12kcal (7.86%), Fat: 7.01g (10.78%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.24g (6.63%), Sugar: 0.96g (1.06%), Cholesterol: 13.24mg (4.41%), Sodium: 323.81mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Manganese: 0.26mg (12.88%), Selenium: 9µg (12.85%), Vitamin K: 12.64µg (12.04%), Phosphorus: 61.41mg (6.14%), Vitamin B3: 1.22mg (6.12%), Vitamin B6: 0.1mg

(4.87%), Vitamin B1: 0.06mg (4.18%), Vitamin B5: 0.38mg (3.83%), Copper: 0.07mg (3.64%), Vitamin B12: 0.2µg (3.26%), Fiber: 0.79g (3.17%), Zinc: 0.46mg (3.09%), Vitamin B2: 0.05mg (2.92%), Potassium: 97.55mg (2.79%), Iron: 0.47mg (2.61%), Magnesium: 10.36mg (2.59%), Vitamin A: 117.01IU (2.34%), Vitamin C: 1.78mg (2.16%), Calcium: 20.23mg (2.02%), Folate: 5.55µg (1.39%)