



Cilantro-Chipotle Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



6 min.

SERVINGS



4

CALORIES



263 kcal

SIDE DISH

Ingredients

- 10 ounce brown rice frozen (such as Birds Eye)
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup bottled chipotle salsa

Equipment

- bowl

Directions

- Heat rice according to package directions.
- Transfer rice to a medium bowl. Stir in salsa and cilantro.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:30.3, Inflammation Score:-5, Nutrition Score:12.154782656742%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 263.08kcal (13.15%), Fat: 1.95g (2.99%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 55.48g (18.49%), Net Carbohydrates: 52.65g (19.15%), Sugar: 0.83g (0.93%), Cholesterol: 0mg (0%), Sodium: 145.43mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Manganese: 2.68mg (134.08%), Magnesium: 104.86mg (26.21%), Vitamin B1: 0.3mg (20.06%), Vitamin B6: 0.4mg (20.02%), Phosphorus: 194.52mg (19.45%), Vitamin B3: 3.31mg (16.54%), Fiber: 2.83g (11.31%), Vitamin B5: 1.11mg (11.08%), Copper: 0.21mg (10.63%), Zinc: 1.48mg (9.87%), Iron: 1.38mg (7.69%), Potassium: 251.05mg (7.17%), Folate: 15.66µg (3.92%), Vitamin K: 4.01µg (3.82%), Vitamin A: 171.48IU (3.43%), Calcium: 30.13mg (3.01%), Vitamin B2: 0.04mg (2.3%), Vitamin E: 0.29mg (1.93%)