



Cilantro-Lime Rice



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



7

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon canola oil
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 1 cup jasmine rice
- ☐ 2 tablespoons juice of lime fresh divided
- ☐ 1.5 cups beef broth fat-free
- ☐ 0.5 cup onion chopped

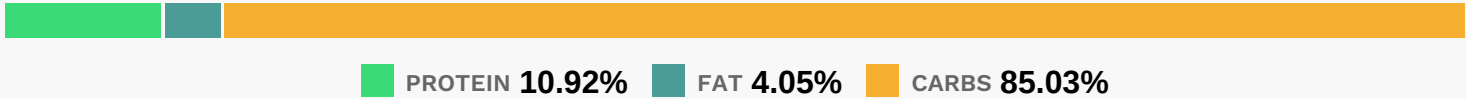
Equipment

- ☐ sauce pan

Directions

- ☐ Heat a medium saucepan over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion; cook 5 minutes or until tender, stirring frequently. Stir in rice, chicken broth, and 1 tablespoon lime juice.
- ☐ Bring to a boil; reduce heat, cover, and simmer 15 minutes or until rice is tender and liquid is absorbed.
- ☐ Remove from heat.
- ☐ Add remaining 1 tablespoon lime juice and cilantro; fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:12.96, Inflammation Score:-1, Nutrition Score:2.5908695977667%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 107.98kcal (5.4%), Fat: 0.48g (0.73%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 22.01g (8%), Sugar: 0.59g (0.66%), Cholesterol: 0mg (0%), Sodium: 96.41mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.31mg (15.27%), Selenium: 4.06µg (5.8%), Potassium: 157.93mg (4.51%), Phosphorus: 34.58mg (3.46%), Copper: 0.06mg (3.25%), Vitamin B6: 0.06mg (2.98%), Vitamin B5: 0.29mg (2.91%), Vitamin C: 2.29mg (2.77%), Fiber: 0.57g (2.28%), Vitamin B3: 0.45mg (2.24%), Zinc: 0.31mg (2.09%), Magnesium: 8.24mg (2.06%), Vitamin K: 2.07µg (1.97%), Vitamin B1: 0.03mg (1.68%), Iron: 0.25mg (1.39%), Folate: 5.07µg (1.27%), Calcium: 11.01mg (1.1%), Vitamin B2: 0.02mg (1.04%)