



Cilantro Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces cilantro leaves packed
- ☐ 3 medium garlic cloves
- ☐ 1 tablespoon kosher salt
- ☐ 3.3 cups chicken broth low-sodium
- ☐ 1 medium serrano chile halved lengthwise seeded
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups rice long-grain white
- ☐ 0.5 cup onion yellow minced

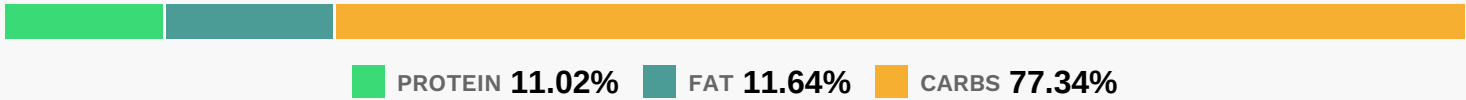
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine cilantro, garlic, chile, and 2 cups broth in a blender and process until smooth; set aside.
- ☐ Heat oil in a large frying pan over medium-high heat. When it shimmers, add onion and cook until softened, about 2 minutes.
- ☐ Add rice and salt stir to coat in oil and cook until rice becomes opaque, about 2 minutes. Carefully pour the cilantro mixture and the remaining 1 1/3 cups broth into the rice and stir to combine. Bring mixture to a boil then reduce heat to low so rice is at a simmer. Cover and cook until rice is tender, about 15 minutes. Turn off heat and let rice rest covered for 5 minutes. Fluff with fork and serve.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:22.6, Inflammation Score:-5, Nutrition Score:7.7286956569423%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 207.94kcal (10.4%), Fat: 2.67g (4.11%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 38.78g (14.1%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 909.42mg (39.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Vitamin K: 36.28µg (34.55%), Manganese: 0.58mg (29.19%), Vitamin A: 724.71IU (14.49%), Vitamin B3: 2.24mg (11.18%), Selenium: 7.29µg (10.42%), Phosphorus: 92.71mg (9.27%), Copper: 0.18mg (9.24%), Vitamin B6: 0.13mg (6.56%), Potassium: 214.72mg (6.13%), Vitamin B5: 0.55mg (5.5%), Vitamin C: 4.3mg (5.21%), Zinc: 0.69mg (4.6%), Iron: 0.82mg (4.55%), Fiber: 1.12g (4.48%), Vitamin

B2: 0.07mg (4.35%), Magnesium: 16.78mg (4.19%), Vitamin B1: 0.05mg (3.12%), Folate: 12.4µg (3.1%), Vitamin E: 0.46mg (3.09%), Calcium: 28.96mg (2.9%), Vitamin B12: 0.1µg (1.64%)