



Cilantro Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

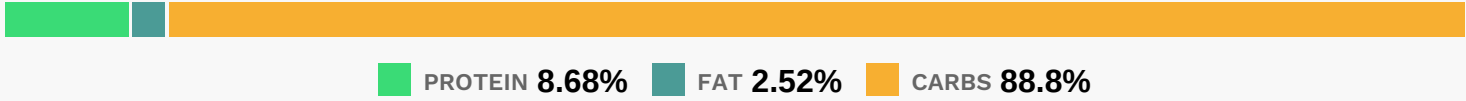
- ☐ 2 cups rice long-grain white hot cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon lime rind grated
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Combine all ingredients, and serve.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:23.93, Inflammation Score:-1, Nutrition Score:2.7004348272863%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 104.02kcal (5.2%), Fat: 0.28g (0.44%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 22.07g (8.03%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 147.02mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Manganese: 0.39mg (19.29%), Selenium: 5.95µg (8.5%), Vitamin B6: 0.08mg (3.81%), Phosphorus: 35.79mg (3.58%), Vitamin B5: 0.31mg (3.15%), Copper: 0.06mg (2.97%), Vitamin K: 3.12µg (2.97%), Zinc: 0.41mg (2.7%), Magnesium: 10.69mg (2.67%), Iron: 0.35mg (1.92%), Vitamin B3: 0.34mg (1.7%), Fiber: 0.38g (1.54%), Vitamin A: 70.9IU (1.42%), Vitamin B1: 0.02mg (1.21%), Calcium: 11.15mg (1.12%), Potassium: 37.87mg (1.08%)