



Classic Red Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce frangelico whole peeled drained canned
- ☐ 1 medium carrots peeled cut into 1/3-inch pieces
- ☐ 6 cilantro leaves fresh with kitchen twine
- ☐ 0.3 cup ears corn fresh frozen
- ☐ 0.3 cup corn oil
- ☐ 2 small garlic clove peeled
- ☐ 0.3 cup peas fresh frozen shelled
- ☐ 1 teaspoon salt

- ☐ 2 serrano chiles halved lengthwise
- ☐ 1 cup water hot
- ☐ 3 tablespoons onion white chopped
- ☐ 1 cup rice medium-grain white

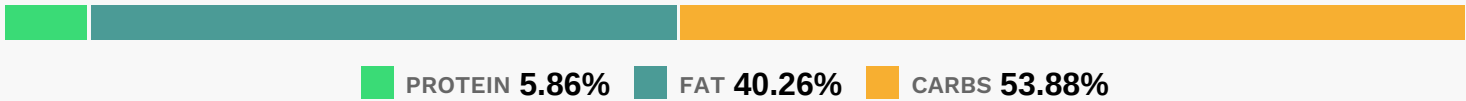
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Puree tomatoes, onion, and garlic in blender until smooth.
- ☐ Heat oil in heavy medium saucepan over medium-high heat.
- ☐ Add rice; stir until rice is pale golden, about 1 minute. Stir in tomato puree, then 1 cup hot water, carrot, peas, corn, cilantro sprigs, chiles, and salt. Bring to boil. Reduce heat to low, cover, and cook until almost all liquid is absorbed, about 12 minutes. Uncover and cook until rice is tender and all liquid is absorbed, about 10 minutes longer.
- ☐ Remove from heat, cover, and let stand 5 minutes. Discard cilantro and chiles. Fluff rice with fork.

Nutrition Facts



Properties

Glycemic Index:40.23, Glycemic Load:15.67, Inflammation Score:-8, Nutrition Score:6.92173915324%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 217.26kcal (10.86%), Fat: 9.73g (14.97%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 27.76g (10.09%), Sugar: 1.8g (2%), Cholesterol: 0mg (0%), Sodium: 401.21mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin A: 1929.02IU (38.58%), Manganese: 0.43mg (21.63%), Vitamin K: 13.81µg (13.15%), Vitamin E: 1.57mg (10.45%), Vitamin C: 6.49mg (7.87%), Selenium: 5.05µg (7.22%), Fiber: 1.54g (6.17%), Phosphorus: 59.63mg (5.96%), Vitamin B6: 0.12mg (5.86%), Copper: 0.11mg (5.48%), Vitamin B3: 0.97mg (4.85%), Vitamin B1: 0.07mg (4.6%), Vitamin B5: 0.43mg (4.34%), Magnesium: 16.68mg (4.17%), Potassium: 137.31mg (3.92%), Folate: 15.7µg (3.92%), Zinc: 0.54mg (3.58%), Iron: 0.52mg (2.89%), Vitamin B2: 0.04mg (2.55%), Calcium: 20.11mg (2.01%)