



Confetti Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups water
- ☐ 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- ☐ 1 teaspoon suya seasoning mix salt-free
- ☐ 1 cup rice uncooked
- ☐ 1 cup broccoli chopped
- ☐ 0.5 cup carrots shredded (1 medium)
- ☐ 2 oz pimientos diced drained

Equipment

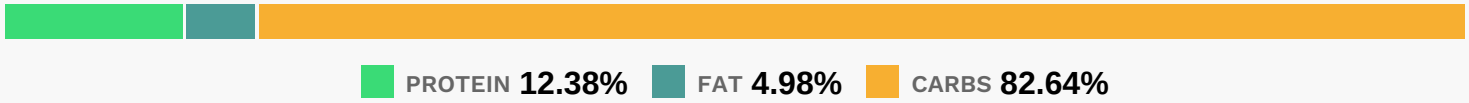
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 sauce pan

Directions

- ☐ In 3-quart saucepan, heat water, broth and seasoning blend to boiling. Stir in rice; reduce heat to low. Cover and simmer 15 minutes.
- ☐ Stir in broccoli and carrot. Cover and cook about 5 minutes or until rice and broccoli are tender. Stir in pimientos.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:11.66, Inflammation Score:-8, Nutrition Score:6.5134782117346%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 103.3kcal (5.17%), Fat: 0.57g (0.88%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 20.24g (7.36%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 29mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Vitamin A: 1603.66IU (32.07%), Vitamin C: 17.67mg (21.42%), Manganese: 0.32mg (16.17%), Vitamin K: 16.85µg (16.05%), Vitamin B3: 1.31mg (6.54%), Phosphorus: 54.54mg (5.45%), Selenium: 3.82µg (5.45%), Copper: 0.1mg (5.01%), Fiber: 1.24g (4.94%), Vitamin B6: 0.1mg (4.92%), Potassium: 152.79mg (4.37%), Iron: 0.77mg (4.28%), Vitamin B5: 0.33mg (3.26%), Vitamin B2: 0.05mg (3.1%), Folate: 12.26µg (3.06%), Magnesium: 12.1mg (3.02%), Calcium: 27.79mg (2.78%), Zinc: 0.4mg (2.7%), Vitamin E: 0.34mg (2.24%), Vitamin B1: 0.03mg (2.12%)