



Crisp "Dirty" Rice



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

Ingredients

- ☐ 2 teaspoons cajun spice blend (see notes)
- ☐ 4 cups fat-skimmed chicken broth
- ☐ 2 teaspoons salad oil
- ☐ 6 servings salt
- ☐ 1 cup rice long-grain white

Equipment

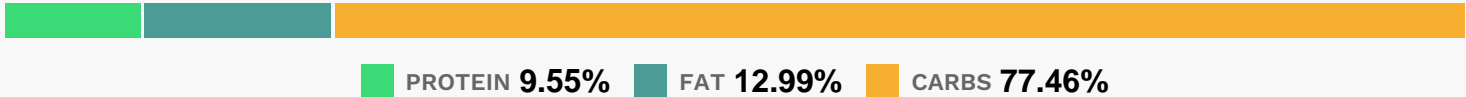
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ sieve
- ☐ baking pan

Directions

- ☐ Pour rice into a fine strainer and rinse well with cool water. In a 2- to 3-quart pan over high heat, bring broth and 1 teaspoon Cajun spice blend to a boil. Stir in rice; when boil resumes, reduce heat and simmer until rice is barely tender to bite, 10 to 12 minutes.
- ☐ Pour into a strainer over a bowl and drain well; reserve broth for other uses or discard.
- ☐ Mix 1 teaspoon Cajun spice blend with rice.
- ☐ Rub 2 baking pans (each 10 by 15 in.) evenly with oil. Divide rice equally between pans and spread into a level layer.
- ☐ Bake in a 375 regular or convection oven until rice is lightly toasted and crisp to bite, 10 to 13 minutes, stirring occasionally.
- ☐ Let cool in pan about 10 minutes. Rice may soften when cool; if so, return to oven and stir occasionally until grains are again crisp to bite.
- ☐ Pour rice into a serving bowl.
- ☐ Add more Cajun spice blend and salt to taste.
- ☐ Serve, or store airtight up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:14.86, Inflammation Score:-3, Nutrition Score:4.1213043776705%

Nutrients (% of daily need)

Calories: 132.26kcal (6.61%), Fat: 1.88g (2.89%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 24.59g (8.94%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 814.74mg (35.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Manganese: 0.36mg (18.16%), Selenium: 8.03µg (11.47%), Vitamin B3: 1.4mg (7.02%), Vitamin A: 328.36IU (6.57%), Phosphorus: 54.2mg (5.42%), Vitamin B5: 0.51mg (5.11%), Copper: 0.1mg (5.07%), Vitamin B12: 0.3µg (5.04%), Vitamin B6: 0.09mg (4.3%), Iron: 0.6mg (3.34%), Vitamin B2: 0.06mg (3.24%), Vitamin E: 0.46mg (3.08%), Potassium: 96.1mg (2.75%), Zinc: 0.4mg (2.64%), Magnesium: 10.41mg (2.6%), Fiber: 0.63g (2.53%), Vitamin B1: 0.03mg (2.29%), Calcium: 16.33mg (1.63%), Vitamin K:

1.52µg (1.44%), Folate: 4.31µg (1.08%)