



HEALTH SCORE

10%

Cuban-Style Yellow Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



465 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon annatto powder
- 12 servings pepper black to taste
- 4 cups rice long grain
- 4 cups rice long grain
- 1 small onion minced
- 0.1 teaspoon paprika
- 1 cup peas frozen thawed
- 4 ounce pimientos sliced for garnish

- 2 teaspoons salt
- 8 cups water

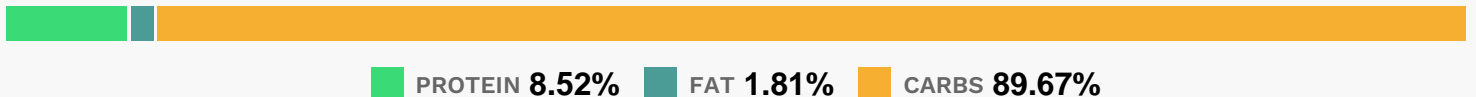
Equipment

- frying pan
- sauce pan
- sieve

Directions

- Place the rice in a sieve and rinse under cold water until the water runs clear. Shake sieve to remove excess water from rice.
- Place rice in a large saucepan with a tightly fitting lid and add water. Stir in the onion, salt, annatto powder, paprika, and pepper. Bring the mixture to a boil over medium-high heat. Reduce heat to low, cover pan, and simmer. After cooking for 10 minutes, gently stir the peas into the rice. Cook until all the water is evaporated and the rice is tender, 15 to 20 minutes longer.
- Serve garnished with pimento slices.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:60.12, Inflammation Score:-4, Nutrition Score:11.51260858515%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 465.24kcal (23.26%), Fat: 0.91g (1.4%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 101.55g (33.85%), Net Carbohydrates: 98.91g (35.97%), Sugar: 1.4g (1.55%), Cholesterol: 0mg (0%), Sodium: 404.11mg (17.57%), Alcohol: 0g (100%), Protein: 9.65g (19.31%), Manganese: 1.42mg (71.09%), Selenium: 18.9µg (26.99%), Vitamin C: 15.09mg (18.29%), Copper: 0.33mg (16.38%), Phosphorus: 158.78mg (15.88%), Vitamin B6: 0.26mg (12.76%), Vitamin B5:

1.27mg (12.73%), Vitamin B3: 2.31mg (11.54%), Fiber: 2.64g (10.56%), Zinc: 1.54mg (10.3%), Magnesium: 37.86mg (9.47%), Vitamin B1: 0.12mg (8.22%), Iron: 1.39mg (7.71%), Vitamin A: 354.26IU (7.09%), Potassium: 199.96mg (5.71%), Vitamin B2: 0.09mg (5.02%), Folate: 19.52µg (4.88%), Calcium: 45.02mg (4.5%), Vitamin K: 4.29µg (4.08%), Vitamin E: 0.24mg (1.59%)