



## Cumin and Chile Rice

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

### Ingredients

- 1 teaspoon canola oil
- 0.5 teaspoon pepper red crushed
- 1 teaspoon cumin seeds
- 0.3 teaspoon kosher salt
- 1.3 cups lower-sodium chicken broth fat-free
- 0.8 cup rice long-grain white uncooked

### Equipment

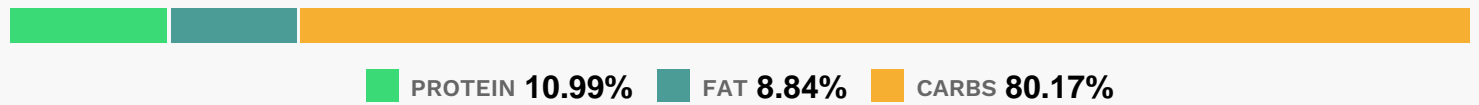
- frying pan

sauce pan

## Directions

- Place cumin seeds, canola oil, crushed red pepper, and kosher salt in a small saucepan over medium heat; cook 2 minutes, stirring occasionally.
- Add rice to pan; cook 2 minutes, stirring occasionally.
- Add chicken broth to pan; bring to a boil. Reduce heat, cover, and simmer 15 minutes.
- Remove from heat; let stand 10 minutes or until liquid is absorbed.

## Nutrition Facts



## Properties

Glycemic Index:16.55, Glycemic Load:16.7, Inflammation Score:-1, Nutrition Score:3.1834782849511%

## Nutrients (% of daily need)

Calories: 142.72kcal (7.14%), Fat: 1.38g (2.12%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 27.49g (10%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 289.51mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Manganese: 0.4mg (19.93%), Selenium: 5.32µg (7.59%), Potassium: 203.74mg (5.82%), Phosphorus: 43.14mg (4.31%), Copper: 0.08mg (4.16%), Iron: 0.65mg (3.63%), Vitamin B5: 0.35mg (3.54%), Vitamin B6: 0.06mg (3.21%), Vitamin B3: 0.61mg (3.03%), Zinc: 0.41mg (2.75%), Magnesium: 10.88mg (2.72%), Fiber: 0.59g (2.36%), Vitamin E: 0.33mg (2.17%), Vitamin B1: 0.03mg (1.87%), Vitamin A: 80.47IU (1.61%), Calcium: 15.28mg (1.53%), Vitamin B2: 0.02mg (1.23%)