



Del Rio's Mexican Rice



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce canned tomatoes whole peeled canned
- ☐ 2 tablespoons chicken soup base
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic
- ☐ 1 small jalapeno
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.5 onion roughly chopped
- ☐ 1 tablespoon vegetable oil

- ☐ 2 cups water
- ☐ 2 cups rice long grain white

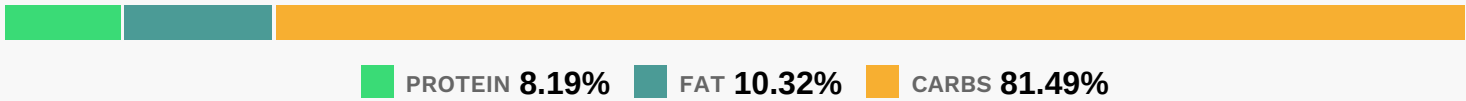
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ broiler

Directions

- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Place jalapeno pepper on a baking sheet.
- ☐ Roast jalapeno pepper under the preheated broiler until skin is browned and blistered, 2 to 3 minutes per side
- ☐ Remove from oven and remove stem.
- ☐ Heat oil in a pot over medium-low heat; cook and stir rice in the hot oil until evenly browned and fragrant, 5 to 10 minutes.
- ☐ Blend roasted jalapeno, tomatoes, onion, cilantro, chicken bouillon, lemon juice, and garlic in a blender until smooth; stir into the browned rice. Continuously stir mixture until rice has absorbed the liquid, 5 to 10 minutes.
- ☐ Pour water into rice mixture, continuously stirring until liquid boils. Boil for 1 minute. Cover, reduce heat to low, and simmer until rice is fully cooked, waiting at least 20 minutes before removing the lid.
- ☐ Remove rice from heat and let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.77, Glycemic Load:22.46, Inflammation Score:-2, Nutrition Score:5.8721739337172%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 200.56kcal (10.03%), Fat: 2.27g (3.49%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 39.03g (14.19%), Sugar: 1.96g (2.17%), Cholesterol: 0.16mg (0.05%), Sodium: 380.36mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Manganese: 0.57mg (28.26%), Selenium: 7.49µg (10.7%), Vitamin C: 8.52mg (10.33%), Vitamin B6: 0.16mg (7.9%), Copper: 0.15mg (7.7%), Phosphorus: 68.77mg (6.88%), Vitamin K: 6.62µg (6.31%), Vitamin B3: 1.19mg (5.95%), Vitamin B5: 0.56mg (5.61%), Fiber: 1.33g (5.3%), Iron: 0.93mg (5.19%), Potassium: 177.4mg (5.07%), Magnesium: 19.99mg (5%), Vitamin E: 0.64mg (4.25%), Vitamin B1: 0.06mg (4.2%), Zinc: 0.61mg (4.05%), Calcium: 36.46mg (3.65%), Vitamin B2: 0.06mg (3.64%), Folate: 10.83µg (2.71%), Vitamin A: 115.11IU (2.3%)