



Dirty Rice

READY IN



80 min.

SERVINGS



6

CALORIES



502 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 pound chicken giblets
- ☐ 4 cups chicken stock see
- ☐ 1 teaspoon thyme leaves dried
- ☐ 4 cloves garlic minced
- ☐ 1 cup bell pepper diced green
- ☐ 1 bunch green onions chopped
- ☐ 0.3 pound ground beef

- ☐ 2 cups enriched rice
- ☐ 6 servings salt and pepper
- ☐ 0.3 pound pork sausage meat
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups onion diced white

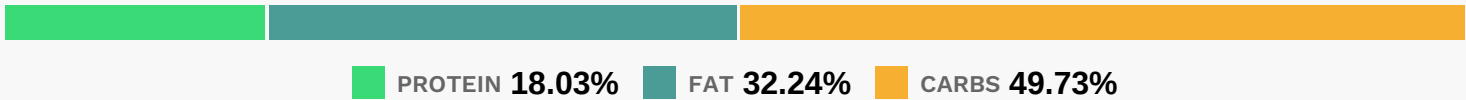
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ In colander, rinse rice several times until water runs clear.
- ☐ Place rice in pot and add chicken stock. Bring to a boil then cover and simmer for 20 minutes. Do not overcook.
- ☐ Saute garlic, onions and bell peppers in vegetable oil until soft for about 15 minutes. Season with salt, pepper, thyme, bay leaf and cayenne and add to rice. Cook sausage and ground beef together in sautepan and add to rice.
- ☐ In separate pot place giblets, cover with water and simmer for 30 minutes with green onions, salt and pepper.
- ☐ Let cool enough to chop into small dice then add to rice mixture.
- ☐ Mix rice well and let simmer on lowest heat for an additional 30 minutes, stirring continuously, until flavors meld.

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:30.83, Inflammation Score:-10, Nutrition Score:26.231738992359%

Flavonoids

Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

Nutrients (% of daily need)

Calories: 502.23kcal (25.11%), Fat: 17.69g (27.21%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 61.39g (20.46%), Net Carbohydrates: 59.25g (21.55%), Sugar: 5.02g (5.58%), Cholesterol: 121.03mg (40.34%), Sodium: 591.09mg (25.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.53%), Vitamin A: 3819.47IU (76.39%), Vitamin B12: 4.12µg (68.64%), Selenium: 36.64µg (52.34%), Manganese: 0.86mg (43.06%), Vitamin B3: 7.77mg (38.83%), Vitamin C: 29.86mg (36.19%), Folate: 132.05µg (33.01%), Vitamin B2: 0.55mg (32.42%), Vitamin B6: 0.59mg (29.39%), Phosphorus: 260.75mg (26.07%), Zinc: 3.53mg (23.54%), Iron: 3.93mg (21.84%), Vitamin K: 22.37µg (21.31%), Vitamin B5: 1.95mg (19.55%), Copper: 0.37mg (18.59%), Potassium: 546.7mg (15.62%), Vitamin B1: 0.23mg (15.29%), Magnesium: 42.4mg (10.6%), Fiber: 2.14g (8.55%), Calcium: 52.67mg (5.27%), Vitamin E: 0.76mg (5.07%), Vitamin D: 0.26µg (1.76%)