



Dirty Rice



Gluten Free



Dairy Free

READY IN



49 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup celery finely chopped
- ☐ 0.5 cup chicken livers (8 to 10 medium livers)
- ☐ 1.5 cups chicken stock see divided
- ☐ 0.5 teaspoon chili powder
- ☐ 3 cups rice cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.3 pound ground pork
- ☐ 1 jalapeno finely chopped
- ☐ 0.8 cup onion finely chopped
- ☐ 1.5 teaspoons salt

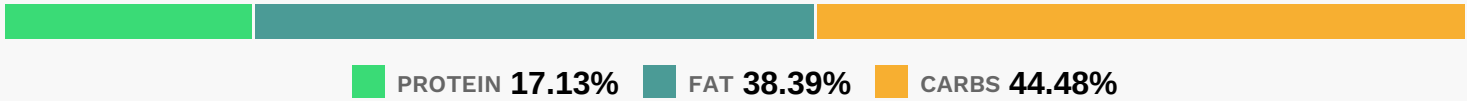
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Puree chicken livers in a food processor.
- ☐ Heat oil in a large skillet over high heat; add liver and pork, and cook, stirring, until browned, about 4 minutes. Stir in salt, pepper, and chili powder, and cook 2 minutes more.
- ☐ Add 1/4 cup stock, and cook until evaporated, about 8 minutes, allowing mixture to brown and stick to skillet. Stir in onion and next 3 ingredients, and cook until well browned and sticking to skillet, about 8 minutes.
- ☐ Add remaining 1 1/4 cups stock, and cook 2 minutes, stirring to loosen particles from bottom of skillet.
- ☐ Add green onion, parsley, and rice, remove from heat, and stir thoroughly.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:18.45, Inflammation Score:-8, Nutrition Score:14.191739009774%

Flavonoids

Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.17mg, Myricetin:

0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 189.91kcal (9.5%), Fat: 8g (12.3%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 19.97g (7.26%), Sugar: 1.66g (1.84%), Cholesterol: 62.57mg (20.86%), Sodium: 528.54mg (22.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Vitamin B12: 2.55µg (42.51%), Vitamin A: 1851.52IU (37.03%), Vitamin K: 30.19µg (28.76%), Folate: 101.54µg (25.39%), Selenium: 17.27µg (24.67%), Vitamin B2: 0.36mg (21.03%), Manganese: 0.39mg (19.32%), Vitamin B3: 3.12mg (15.59%), Vitamin B6: 0.31mg (15.43%), Vitamin B5: 1.3mg (13.01%), Vitamin B1: 0.19mg (12.7%), Phosphorus: 116.51mg (11.65%), Iron: 1.89mg (10.5%), Vitamin C: 8.57mg (10.38%), Copper: 0.16mg (8.18%), Zinc: 1.14mg (7.6%), Vitamin E: 0.92mg (6.11%), Potassium: 209.57mg (5.99%), Magnesium: 18.8mg (4.7%), Fiber: 0.87g (3.5%), Calcium: 23.6mg (2.36%)