

Easy Authentic Mexican Rice

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6.5 ounce tomato sauce canned
- ☐ 0.3 cup canola oil
- ☐ 2.5 teaspoons chicken soup base to taste
- ☐ 0.5 cup potatoes sliced
- ☐ 0.5 cup onion sweet coarsely chopped
- ☐ 1.5 cups water
- ☐ 1 cup rice white uncooked

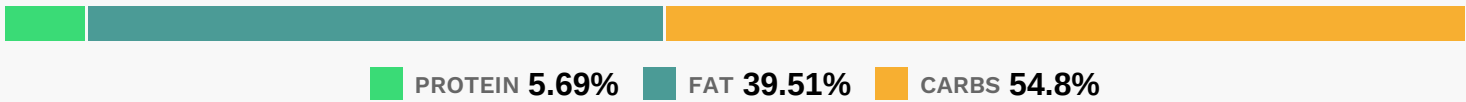
Equipment

☐ frying pan

Directions

- ☐ Heat canola oil in a skillet over medium-high heat. Cook and stir onion and potato in hot oil until lightly cooked, about 2 minutes. Stir rice into onion and potato until rice is golden, 2 to 4 minutes.
- ☐ Pour water, tomato sauce, and chicken bouillon into vegetable and rice mixture; stir and bring to a rolling boil. Cover, reduce heat to medium-low, and cook at a simmer until rice is tender, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:23.74, Glycemic Load:13.2, Inflammation Score:-2, Nutrition Score:4.0582608514992%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 166.79kcal (8.34%), Fat: 7.33g (11.27%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 21.85g (7.94%), Sugar: 1.56g (1.73%), Cholesterol: 0.08mg (0.03%), Sodium: 263.36mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Manganese: 0.3mg (15.24%), Vitamin E: 1.59mg (10.59%), Vitamin C: 4.68mg (5.68%), Vitamin K: 5.94µg (5.66%), Vitamin B6: 0.11mg (5.64%), Selenium: 3.89µg (5.56%), Copper: 0.1mg (5.21%), Potassium: 164.09mg (4.69%), Phosphorus: 44.03mg (4.4%), Fiber: 1.02g (4.1%), Vitamin B3: 0.77mg (3.83%), Vitamin B5: 0.36mg (3.58%), Magnesium: 13.95mg (3.49%), Iron: 0.54mg (3.01%), Vitamin B1: 0.04mg (2.46%), Zinc: 0.36mg (2.39%), Folate: 8.52µg (2.13%), Vitamin B2: 0.04mg (2.07%), Vitamin A: 100.11IU (2%), Calcium: 15.77mg (1.58%)