



## Easy Authentic Spanish Rice

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

### Ingredients

- 6 tablespoons butter
- 29 ounce tomatoes diced mexican-style undrained canned
- 8 servings salt and ground pepper black to taste
- 2 onions chopped
- 1 cup rice white uncooked

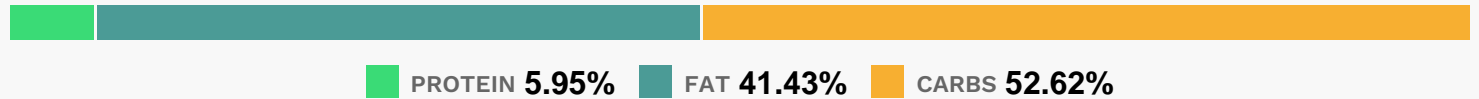
### Equipment

- frying pan

## Directions

- Melt butter in a large skillet over medium–high heat; cook and stir onions and jalapeno peppers in the butter until softened, 3 to 5 minutes. Stir Mexican–style tomatoes into onion mixture; add rice, salt, and black pepper. Bring rice mixture to a boil, reduce heat, cover, and simmer until rice is cooked, 40 to 45 minutes.
- Garnish with sour cream and Cheddar cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:21.27, Glycemic Load:11.71, Inflammation Score:-4, Nutrition Score:5.9291304842285%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

## Nutrients (% of daily need)

Calories: 188.41kcal (9.42%), Fat: 8.83g (13.59%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 23.42g (8.52%), Sugar: 3.65g (4.05%), Cholesterol: 22.58mg (7.53%), Sodium: 216.75mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Manganese: 0.38mg (18.95%), Vitamin C: 11.59mg (14.05%), Vitamin B6: 0.19mg (9.28%), Vitamin A: 383.73IU (7.67%), Potassium: 263.79mg (7.54%), Fiber: 1.82g (7.28%), Iron: 1.25mg (6.95%), Copper: 0.13mg (6.69%), Vitamin E: 0.97mg (6.5%), Vitamin B3: 1.14mg (5.7%), Phosphorus: 56.77mg (5.68%), Selenium: 3.84µg (5.49%), Vitamin B1: 0.08mg (5.05%), Magnesium: 20.22mg (5.05%), Calcium: 47.62mg (4.76%), Vitamin B2: 0.08mg (4.65%), Vitamin B5: 0.4mg (4.03%), Folate: 15.63µg (3.91%), Vitamin K: 4.01µg (3.82%), Zinc: 0.45mg (3.02%)