



## Easy Spanish Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

### Ingredients

- 0.8 cup cilantro leaves fresh chopped
- 2 tablespoons olive oil
- 1 cup onion chopped
- 1.5 cups rice long-grain
- 2 roma tomatoes chopped (plum)
- 1 tablespoon tomato bouillon with chicken flavoring (such as Knorr®), to taste
- 3 cups water

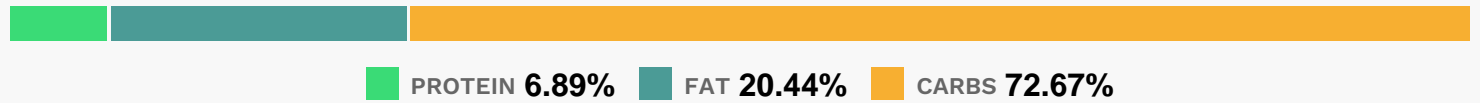
### Equipment

pot

## Directions

- Place a pot over medium-heat heat; add oil.
- Pour rice into the hot oil, stirring constantly, until rice is golden to dark brown, about 5 minutes.
- Mix water, tomatoes, onion, cilantro, and bouillon into rice. Turn off heat and cover tightly with a lid until rice has absorbed all the liquid, about 20 minutes. Adjust seasonings as needed.

## Nutrition Facts



## Properties

Glycemic Index:24.52, Glycemic Load:17.29, Inflammation Score:-3, Nutrition Score:4.3382608113082%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

## Nutrients (% of daily need)

Calories: 169.02kcal (8.45%), Fat: 3.79g (5.83%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 29.29g (10.65%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 8.6mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Manganese: 0.43mg (21.47%), Vitamin K: 8.24µg (7.85%), Selenium: 5.35µg (7.64%), Copper: 0.11mg (5.6%), Vitamin C: 4.26mg (5.17%), Phosphorus: 50.57mg (5.06%), Vitamin A: 246.13IU (4.92%), Vitamin B6: 0.1mg (4.85%), Vitamin E: 0.68mg (4.52%), Fiber: 1.04g (4.16%), Vitamin B5: 0.4mg (4%), Vitamin B3: 0.7mg (3.49%), Magnesium: 13.86mg (3.46%), Potassium: 118.06mg (3.37%), Zinc: 0.46mg (3.05%), Vitamin B1: 0.04mg (2.73%), Folate: 10.11µg (2.53%), Iron: 0.41mg (2.29%), Calcium: 19.75mg (1.97%), Vitamin B2: 0.03mg (1.65%)