



Foolproof Mexican Rice (



Vegetarian



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 large carrots diced finely
- ☐ 2 cups chicken broth as needed plus more
- ☐ 0.3 cup peas fresh thawed
- ☐ 1 large garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 2 cups rice medium-grain

- ☐ 2 teaspoons salt
- ☐ 1 serrano chile whole
- ☐ 3 vine-ripened tomatoes

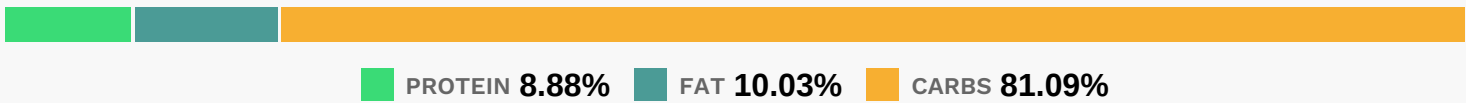
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cut the tomatoes in half, and remove the seeds.
- ☐ Add the tomatoes and 2 cups of broth to a blender and puree. Strain into a bowl and reserve the liquid.
- ☐ Add enough extra broth to make 4 cups of liquid.
- ☐ In a large saucepan, heat the oil over medium-high heat.
- ☐ Add the onion and carrots and saute for 4 minutes until the onion is translucent.
- ☐ Add the garlic and saute for 1 minute. Stir in the rice and cook until slightly toasted, about 3 minutes.
- ☐ Add the tomato broth mixture, stir and bring to boil.
- ☐ Add the salt, bay leaf, and the serrano chile. Reduce the heat, cover and simmer until the rice is tender, about 20 minutes.
- ☐ Remove the pan from heat. Scatter the peas over the top of the rice, cover, and let the rice stand 5 minutes. Fluff the rice with a fork, transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:23.61, Inflammation Score:-8, Nutrition Score:8.2908695346635%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 211.81kcal (10.59%), Fat: 2.34g (3.59%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 40.46g (14.71%), Sugar: 3.03g (3.37%), Cholesterol: 1.17mg (0.39%), Sodium: 811.31mg (35.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.31%), Vitamin A: 1931.81IU (38.64%), Manganese: 0.65mg (32.43%), Vitamin C: 10.51mg (12.74%), Selenium: 7.46µg (10.66%), Vitamin B6: 0.16mg (8.2%), Phosphorus: 80.98mg (8.1%), Fiber: 2.02g (8.09%), Copper: 0.16mg (7.99%), Potassium: 244.3mg (6.98%), Vitamin K: 7.23µg (6.88%), Vitamin B3: 1.36mg (6.81%), Vitamin B1: 0.09mg (5.97%), Vitamin B5: 0.57mg (5.71%), Magnesium: 21.96mg (5.49%), Zinc: 0.74mg (4.94%), Vitamin B2: 0.08mg (4.91%), Folate: 19.04µg (4.76%), Vitamin E: 0.65mg (4.33%), Iron: 0.7mg (3.9%), Calcium: 29.57mg (2.96%)