



## Fresh Tomato-Herb Rice

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**12**

CALORIES



**110 kcal**

**SIDE DISH**

### Ingredients

- 1 chicken bouillon cube
- 1 cup cilantro leaves fresh
- 1 cup parsley fresh
- 2 cloves garlic
- 4 cups grape tomatoes cut in half
- 1 Tbsp oil
- 1 small onion chopped
- 3 cups water

- 1.5 cups rice long-grain white uncooked
- 0.5 cup authentic cheeses shredded mexican style kraft finely
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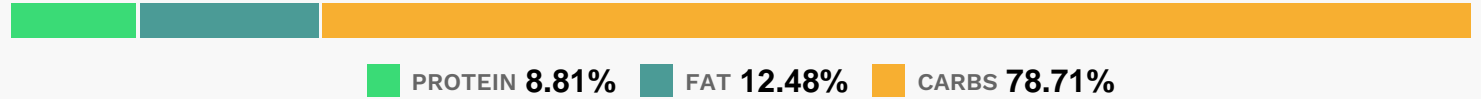
## Equipment

- sauce pan
- blender

## Directions

- Blend first 5 ingredients in blender until smooth; set aside.
- Heat oil in large saucepan on medium heat.
- Add rice and onions; cook and stir 3 min. Stir in herb puree. Bring to boil; cover. Simmer on low heat 20 min. or until liquid is absorbed; cool 5 min.
- Fluff rice with fork. Stir in tomatoes; top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:18.35, Glycemic Load:11.85, Inflammation Score:-6, Nutrition Score:8.8169565157074%

## Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 109.73kcal (5.49%), Fat: 1.52g (2.34%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 20.35g (7.4%), Sugar: 1.7g (1.89%), Cholesterol: 0.04mg (0.01%), Sodium: 89.91mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin K: 90.94µg (86.61%), Vitamin A: 925.07IU (18.5%), Vitamin C: 14.41mg (17.46%), Manganese: 0.34mg (16.91%), Potassium: 190.5mg (5.44%), Selenium: 3.7µg (5.29%), Copper: 0.1mg (5.19%), Vitamin B6: 0.1mg (4.88%), Fiber: 1.21g (4.83%), Folate: 18.96µg (4.74%), Phosphorus:

45.06mg (4.51%), Magnesium: 15.58mg (3.89%), Vitamin B3: 0.76mg (3.82%), Vitamin E: 0.57mg (3.81%), Iron: 0.68mg (3.76%), Vitamin B5: 0.32mg (3.18%), Vitamin B1: 0.04mg (2.92%), Zinc: 0.42mg (2.79%), Calcium: 23.88mg (2.39%), Vitamin B2: 0.03mg (1.85%)