

G-ma's Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 8 ounce tomato sauce canned
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 4 cups water
- ☐ 2 cups rice long grain white

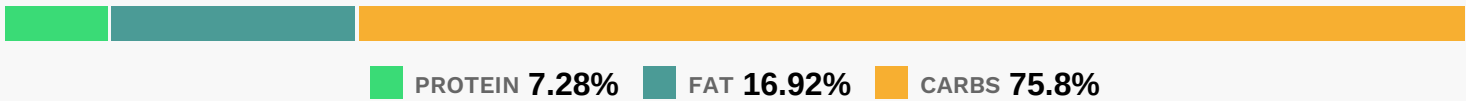
Equipment

sauce pan

Directions

In a medium saucepan, heat vegetable oil over medium heat. Brown the rice in the oil until there is a golden texture, stirring frequently. Reduce heat to low, and stir in tomato sauce, garlic, salt, pepper, and cumin. Stir in water. Cover, and cook for about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.65, Glycemic Load:22.81, Inflammation Score:-2, Nutrition Score:5.1534782544426%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 207.8kcal (10.39%), Fat: 3.86g (5.93%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 37.75g (13.73%), Sugar: 1.08g (1.2%), Cholesterol: 0mg (0%), Sodium: 215.81mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Manganese: 0.58mg (29.01%), Selenium: 7.23µg (10.33%), Copper: 0.16mg (8%), Vitamin K: 7.52µg (7.16%), Phosphorus: 63.06mg (6.31%), Vitamin B5: 0.56mg (5.62%), Vitamin B6: 0.11mg (5.5%), Vitamin B3: 1.04mg (5.19%), Vitamin E: 0.75mg (4.99%), Iron: 0.84mg (4.67%), Magnesium: 18.44mg (4.61%), Fiber: 1.12g (4.5%), Potassium: 146.7mg (4.19%), Zinc: 0.6mg (3.99%), Vitamin B1: 0.04mg (2.78%), Vitamin C: 2.12mg (2.57%), Vitamin A: 127.33IU (2.55%), Vitamin B2: 0.04mg (2.52%), Calcium: 24.63mg (2.46%), Folate: 6.33µg (1.58%)