



Garlic Cilantro Lime Rice

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 8 servings cilantro leaves fresh chopped for garnish
- ☐ 3 cloves garlic minced
- ☐ 3 juice of lime for garnish hold back juice of 1 lime
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 large onion chopped
- ☐ 2 cups rice long-grain

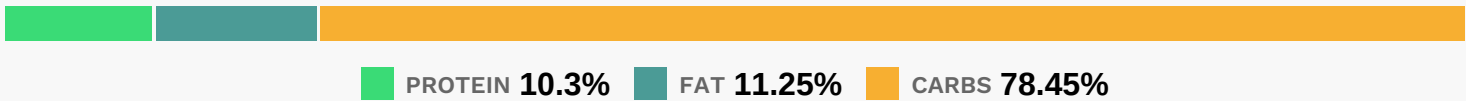
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the garlic and onions and cook for 3 to 4 minutes. Reduce the heat to low and add the rice and salt. Cook over a low heat for 3 minutes, stirring constantly to make sure the rice doesn't burn.
- ☐ Add 2 cups of the broth and the juice and zest of 2 limes and bring it to a boil. Reduce the heat to low, cover and simmer for 10 to 15 minutes or until the rice is done.
- ☐ Add more liquid as needed. The rice shouldn't be sticky.
- ☐ Just before serving, stir through the juice of 1 lime and lots of chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:22.75, Inflammation Score:-2, Nutrition Score:5.2208695567173%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 210.45kcal (10.52%), Fat: 2.62g (4.03%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 40.12g (14.59%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 320.76mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.79%), Manganese: 0.55mg (27.47%), Selenium: 7.25µg (10.36%), Vitamin B3: 2mg (10%), Phosphorus: 88.52mg (8.85%), Copper: 0.16mg (8.05%), Vitamin B6: 0.13mg (6.28%), Vitamin C: 5.14mg (6.23%), Vitamin B5: 0.51mg (5.13%), Potassium: 174.93mg (5%), Zinc: 0.65mg (4.32%),

Fiber: 0.99g (3.97%), Magnesium: 15.54mg (3.88%), Iron: 0.63mg (3.49%), Vitamin B2: 0.06mg (3.37%), Vitamin B1: 0.05mg (3.08%), Vitamin E: 0.39mg (2.59%), Calcium: 24.66mg (2.47%), Folate: 8.48µg (2.12%), Vitamin K: 1.77µg (1.68%), Vitamin B12: 0.09µg (1.48%)