



Green Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients



1.8 cups chicken broth



0.5 cup cilantro leaves fresh divided chopped



4 garlic cloves peeled finely chopped



1 roasted jalapeño pepper skinless



6 servings kosher salt



1 onion diced spanish finely



2 roasted poblano peppers skinless



1.3 cups rice long-grain

☐ 2 tablespoons vegetable oil

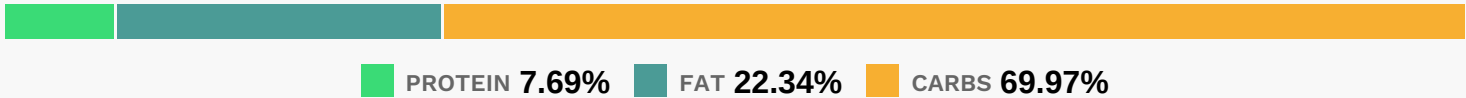
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine the broth and chiles in a medium saucepan, bring to a boil, and then partially cover and simmer gently over medium to medium-low heat for about 10 minutes.
- ☐ Pour the chile mixture into a food processor, add 1/4 cup cilantro and process to a smooth puree. Season with salt and keep warm.
- ☐ Wipe the pan clean, add the oil, and heat over medium-high heat.
- ☐ Add the onions and cook until soft.
- ☐ Add the garlic and cook for 1 minute. Stir in the rice and cook for 1 minute.
- ☐ Add the warm broth mixture, stir, and season with salt. Bring to a boil, cover, and then reduce the heat to medium-low and cook for 15 minutes.
- ☐ Remove from the heat and let sit for 5 minutes, covered. Fluff with a fork, transfer to a bowl, and stir in remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:32.03, Glycemic Load:19.26, Inflammation Score:-4, Nutrition Score:7.8478260448445%

Flavonoids

Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 204.09kcal (10.2%), Fat: 5.04g (7.76%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 33.9g (12.33%), Sugar: 2.2g (2.44%), Cholesterol: 1.37mg (0.46%), Sodium: 452.95mg (19.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin C: 37mg (44.85%), Manganese: 0.56mg (28.24%), Vitamin K: 15.98µg (15.22%), Vitamin B6: 0.21mg (10.53%), Selenium: 6.49µg (9.27%), Copper: 0.14mg (6.93%), Fiber: 1.63g (6.53%), Phosphorus: 64.62mg (6.46%), Vitamin A: 263.81IU (5.28%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 1.04mg (5.19%), Potassium: 173.64mg (4.96%), Vitamin B5: 0.49mg (4.86%), Vitamin B2: 0.08mg (4.79%), Vitamin E: 0.71mg (4.73%), Magnesium: 17.32mg (4.33%), Zinc: 0.58mg (3.9%), Iron: 0.6mg (3.31%), Folate: 12.05µg (3.01%), Calcium: 26.63mg (2.66%)