

Green Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 garlic clove minced
- ☐ 4 teaspoons jalapeno minced seeded
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound tomatillos
- ☐ 2 tablespoons water
- ☐ 1.3 cups texmati long-grain uncooked

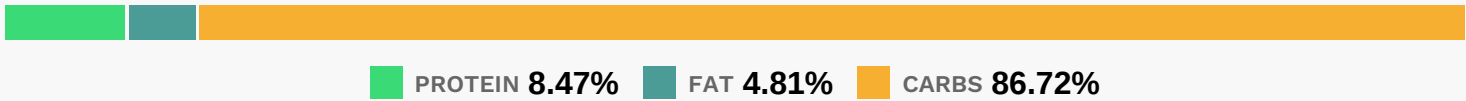
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Discard the husks and stems from the tomatillos. Cook the tomatillos in boiling water in a medium saucepan for 4 minutes or until soft; drain.
- ☐ Combine the tomatillos and 2 tablespoons water in a blender, and process until smooth.
- ☐ Pour the tomatillo mixture into a 4-cup glass measure, and add enough water to mixture to measure 2 1/2 cups.
- ☐ Combine tomatillo mixture, cilantro, jalapeo, salt, and garlic in saucepan, and bring to a boil.
- ☐ Add rice; cover mixture, reduce heat, and simmer for 20 minutes or until the liquid is absorbed.
- ☐ Let stand, covered, 5 minutes.
- ☐ Remove from heat, and fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:13.98, Inflammation Score:-2, Nutrition Score:4.297391269518%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 120.55kcal (6.03%), Fat: 0.64g (0.98%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 24.62g (8.95%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 147.85mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Manganese: 0.39mg (19.57%), Vitamin C: 8.24mg (9.98%), Selenium: 4.65µg (6.64%), Vitamin K: 6.86µg (6.53%), Vitamin B3: 1.29mg (6.46%), Phosphorus: 51.37mg (5.14%), Fiber: 1.28g (5.12%), Copper: 0.1mg (5.08%), Potassium: 158.41mg (4.53%), Vitamin B6: 0.09mg (4.37%), Magnesium: 16.41mg (4.1%), Vitamin B5: 0.37mg (3.71%), Iron: 0.52mg (2.89%), Zinc: 0.42mg (2.8%), Vitamin B1: 0.04mg (2.74%), Vitamin A: 120.45IU (2.41%), Vitamin E: 0.3mg (2%), Vitamin B2: 0.03mg (1.9%), Folate: 6.39µg (1.6%), Calcium: 12.7mg (1.27%)