



Green Rice III

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black
- 2 cups chicken broth
- 0.5 cup cilantro leaves minced
- 2 bunches spring onion separated sliced
- 2 jalapeno minced seeded
- 2 tablespoons olive oil
- 0.5 cup parsley minced
- 2 cups rice long-grain uncooked

- 6 servings salt to taste
- 2 tablespoons cooking sherry
- 1.5 cups water

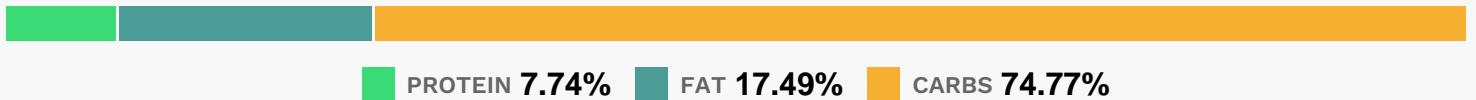
Equipment

- frying pan

Directions

- Heat olive oil in a large skillet over medium heat.
- Saute the white parts of the green onions with the jalapenos for 5 minutes; do not brown.
- Stir in the sherry, rice, salt and pepper.
- Pour in the broth and water; bring to a boil. Cover, reduce heat to low, and cook until rice is tender and liquid is absorbed, about 20 minutes.
- Fluff with a fork and stir in cilantro, parsley and tops of green onions.
- Transfer to a warm serving dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.36, Glycemic Load:29.96, Inflammation Score:-6, Nutrition Score:11.960434851439%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 281.99kcal (14.1%), Fat: 5.33g (8.2%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 49.82g (18.12%), Sugar: 0.89g (0.99%), Cholesterol: 1.57mg (0.52%), Sodium: 495.69mg (21.55%),

Alcohol: 0.51g (100%), Alcohol %: 0.29% (100%), Protein: 5.3g (10.6%), Vitamin K: 106.99µg (101.9%), Manganese: 0.79mg (39.34%), Vitamin C: 14.05mg (17.03%), Selenium: 9.73µg (13.9%), Vitamin A: 644.63IU (12.89%), Copper: 0.18mg (9.05%), Phosphorus: 83.19mg (8.32%), Vitamin E: 1.06mg (7.04%), Vitamin B5: 0.69mg (6.88%), Vitamin B6: 0.14mg (6.78%), Vitamin B3: 1.35mg (6.75%), Iron: 1.09mg (6.03%), Magnesium: 23.01mg (5.75%), Fiber: 1.43g (5.71%), Zinc: 0.84mg (5.61%), Vitamin B2: 0.09mg (5.56%), Folate: 19.85µg (4.96%), Vitamin B1: 0.07mg (4.78%), Potassium: 161.38mg (4.61%), Calcium: 38.38mg (3.84%)