



Green Rice with Roasted Chiles and Leeks

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 3 peppercorns black
- 1 cup carrots thinly sliced
- 1 cup celery thinly sliced
- 0.5 cup cilantro stems coarsely chopped
- 0.5 cup flat-leaf parsley stems coarsely chopped
- 1 cup flat-leaf parsley leaves fresh loosely packed
- 0.5 cup cilantro leaves fresh loosely packed

- 0.5 cup leek tops thinly sliced
- 2 cups leek thinly sliced (3 large)
- 2 ounces monterrey jack cheese shredded
- 1 oregano sprig fresh
- 2 poblano chiles
- 1.5 cups rice long-grain uncooked
- 0.5 teaspoon sea salt
- 0.8 teaspoon sea salt
- 1 thyme sprig fresh
- 1 tablespoon vegetable oil
- 6 cups water

Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- blender
- aluminum foil
- broiler
- ziploc bags
- colander
- cheesecloth

Directions

- To prepare stock, combine first 10 ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer 25 minutes. Strain through a cheesecloth-lined colander into a bowl, and discard solids. Set aside 3 cups stock; reserve any remaining stock for another use.
- Preheat broiler.

- To prepare rice, place poblano chiles on a foil-lined baking sheet; broil 8 minutes or until blackened and charred, turning after 4 minutes.
- Place in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel and discard the skins.
- Cut a lengthwise slit in each chile; discard seeds and stems. Set chiles aside.
- Heat oil in saucepan over medium-high heat.
- Add 2 cups leek and rice; saut 5 minutes.
- Add 2 3/4 cups stock, 3/4 teaspoon salt, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 18 minutes or until liquid is absorbed.
- Remove from heat; discard bay leaf. Fluff rice with a fork.
- Combine 1/4 cup stock, roasted poblano chiles, parsley leaves, and cilantro leaves in a blender or food processor; process until smooth. Gently fold chile mixture into the rice.
- Sprinkle with Monterey Jack cheese.

Nutrition Facts

PROTEIN 10.75% **FAT 19.2%** **CARBS 70.05%**

Properties

Glycemic Index:75.17, Glycemic Load:24.78, Inflammation Score:-10, Nutrition Score:21.726521797802%

Flavonoids

Apigenin: 32.8mg, Apigenin: 32.8mg, Apigenin: 32.8mg, Apigenin: 32.8mg Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 272.56kcal (13.63%), Fat: 5.84g (8.98%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 44.45g (16.16%), Sugar: 3.9g (4.33%), Cholesterol: 8.41mg (2.8%), Sodium: 601.81mg (26.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin K: 287.95µg (274.24%), Vitamin A: 5932.75IU (118.65%), Vitamin C: 59.07mg (71.6%), Manganese: 0.83mg (41.72%), Folate: 68.18µg (17.04%), Vitamin B6: 0.32mg (16.03%), Calcium: 156.65mg (15.66%), Iron: 2.53mg (14.08%), Fiber: 3.49g (13.96%), Phosphorus: 138.07mg (13.81%), Copper: 0.26mg (13.01%), Selenium: 8.86µg (12.66%), Potassium: 410mg (11.71%), Magnesium: 44.27mg (11.07%), Vitamin B3: 1.59mg (7.94%), Zinc: 1.16mg (7.76%), Vitamin E: 1.15mg (7.63%), Vitamin B5: 0.76mg (7.58%), Vitamin B1: 0.11mg (7.43%), Vitamin B2: 0.12mg (7.33%), Vitamin B12: 0.08µg (1.31%)