



Hearty Spanish Rice



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chicken flavor bouillon knorr®
- ☐ 2 teaspoons chili powder
- ☐ 2 cups kernel corn whole frozen
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 medium onion chopped
- ☐ 1.5 cups converted rice
- ☐ 1 jar tomato basil smooth pasta sauce sweet ragu® old world style® (1 lb. 10 oz.)

- ☐ 1 tablespoon vegetable oil
- ☐ 3.5 cups warm water

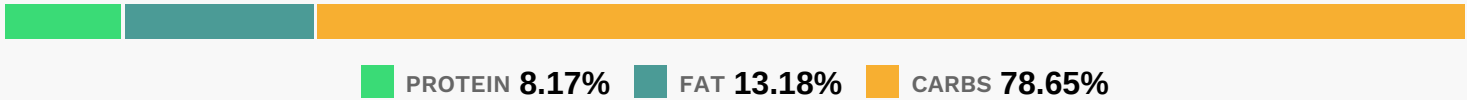
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat and cook onion, stirring occasionally, 3 minutes.
- ☐ Add rice and garlic and continue cooking, stirring frequently, 1 minute. Stir in Bouillon and water. Bring to a boil over high heat. Reduce heat to low and simmer covered 15 minutes. Stir in Pasta Sauce, corn and chili powder. Return to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 10 minutes or until rice is tender. Stir in cilantro and let stand covered 10 minutes before serving.
- ☐ Garnish, if desired, with additional chopped fresh cilantro. Preparation time: 15 Minute(s) Cook time: 40 Minute(s)

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:17.05, Inflammation Score:-3, Nutrition Score:4.2247825757317%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 177.69kcal (8.88%), Fat: 2.56g (3.94%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 33.54g (12.2%), Sugar: 0.69g (0.76%), Cholesterol: 0mg (0%), Sodium: 85.02mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Manganese: 0.44mg (21.97%), Selenium: 5.53µg (7.9%), Phosphorus: 62.2mg (6.22%), Copper: 0.12mg (5.92%), Vitamin K: 5.31µg (5.05%), Vitamin B6: 0.09mg (4.7%), Vitamin B3: 0.93mg (4.67%), Folate: 16.75µg (4.19%), Magnesium: 16.31mg (4.08%), Vitamin B5: 0.38mg (3.81%), Zinc: 0.55mg (3.66%), Vitamin A: 183.08IU (3.66%), Fiber: 0.89g (3.57%), Potassium: 119.34mg (3.41%), Iron: 0.5mg (2.63%)

(2.77%), Vitamin B1: 0.04mg (2.62%), Vitamin E: 0.38mg (2.56%), Vitamin C: 2.03mg (2.46%), Calcium: 20.22mg (2.02%), Vitamin B2: 0.03mg (1.93%)