



Lake Charles Dirty Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil
- 2 celery stalks finely chopped
- 1.5 cups chicken broth
- 4 ounces chicken livers pureed
- 0.5 teaspoon chili powder
- 3 cups rice cooked
- 2 garlic clove minced
- 0.5 teaspoon pepper black

- 4 ounces ground pork
- 1 jalapeno stemmed seeded finely chopped
- 1 small onion finely chopped
- 1 tablespoon oregano dried
- 2 tablespoons parsley chopped
- 1.5 teaspoons salt
- 0.5 bunch spring onion white green chopped (and parts)

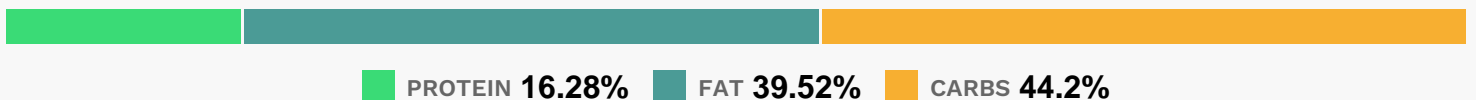
Equipment

- frying pan

Directions

- Heat the oil in a large skillet over high heat. When the oil is hot, add the pork and chicken livers and cook, stirring, until browned.
- Add the salt, black pepper, and chili powder and stir often, but resist the impulse to stir constantly: You want the meat to stick to the pan and get crusty.
- Add 1/4 cup of the chicken broth and cook until it has evaporated, allowing the meat mixture to get browned and crusty and stick to the pan once again.
- Add the onion, celery, garlic, jalapeño, and oregano and cook, stirring, until the vegetables are nicely browned and crusty and beginning to stick to the pan.
- Add the rice, the remaining 1 1/4 cups broth, the scallions, and parsley. Stir until the liquid is absorbed and the rice is heated through.
- Taste
- Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:24.35, Inflammation Score:-9, Nutrition Score:17.584347942601%

Flavonoids

Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 230.91kcal (11.55%), Fat: 10.04g (15.44%), Saturated Fat: 2.22g (13.91%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 24.09g (8.76%), Sugar: 1.02g (1.13%), Cholesterol: 79.99mg (26.66%), Sodium: 829.94mg (36.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.61%), Vitamin B12: 3.28µg (54.63%), Vitamin A: 2324.43IU (46.49%), Vitamin K: 35.85µg (34.14%), Folate: 123.16µg (30.79%), Selenium: 21.44µg (30.63%), Manganese: 0.56mg (27.9%), Vitamin B2: 0.44mg (25.95%), Vitamin B6: 0.36mg (17.97%), Vitamin B5: 1.67mg (16.67%), Vitamin B3: 3.25mg (16.23%), Vitamin B1: 0.24mg (15.8%), Iron: 2.58mg (14.35%), Phosphorus: 134.88mg (13.49%), Vitamin C: 9.67mg (11.72%), Zinc: 1.44mg (9.6%), Copper: 0.19mg (9.36%), Vitamin E: 1.33mg (8.89%), Magnesium: 23.03mg (5.76%), Potassium: 195.22mg (5.58%), Fiber: 1.17g (4.69%), Calcium: 37.95mg (3.8%)