



Linnie's Spanish Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic minced
- ☐ 16 ounce salsa
- ☐ 2 cups water
- ☐ 1 cup rice white uncooked

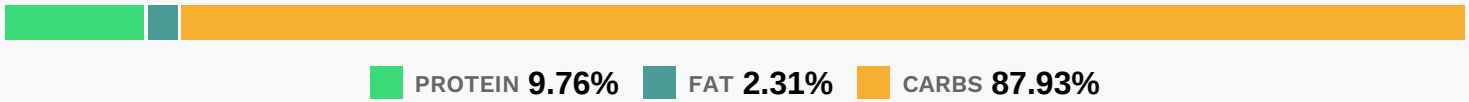
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine the rice with the garlic in a large saucepan.
- ☐
- Pour water and salsa into the rice mixture. Bring the water to a full boil and then reduce the temperature to simmer. Simmer for 20 minutes or until the rice is tender. Fluff the rice when finished.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:22.33, Inflammation Score:-5, Nutrition Score:7.6204347610474%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 202.82kcal (10.14%), Fat: 0.52g (0.81%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 42.21g (15.35%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 752.25mg (32.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Manganese: 0.64mg (32.19%), Vitamin B6: 0.28mg (14.24%), Selenium: 8.11µg (11.59%), Vitamin A: 544.38IU (10.89%), Fiber: 2.66g (10.63%), Vitamin B3: 2.02mg (10.08%), Potassium: 348.76mg (9.96%), Copper: 0.2mg (9.83%), Vitamin E: 1.43mg (9.57%), Phosphorus: 90.62mg (9.06%), Magnesium: 29.94mg (7.49%), Vitamin B5: 0.7mg (7.03%), Zinc: 0.75mg (5.01%), Calcium: 49.61mg (4.96%), Vitamin B1: 0.07mg (4.9%), Iron: 0.86mg (4.77%), Vitamin K: 4.82µg (4.59%), Vitamin B2: 0.06mg (3.52%), Vitamin C: 2.39mg (2.9%), Folate: 8.26µg (2.06%)