



Maria's Mexican Rice



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon chicken bouillon knorr® such as
- ☐ 1 serrano chile pepper whole
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 0.5 large onion diced
- ☐ 1 cup rice
- ☐ 0.5 tablespoon salt

- ☐ 0.3 cup tomato sauce
- ☐ 2.5 cups water

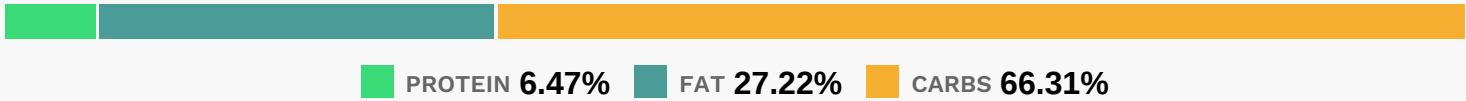
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium heat. Cook and stir rice and onion in the hot oil until browned, about 5 minutes; season with salt, cumin, and pepper.
- ☐ Pour water over the rice mixture. Stir tomato sauce and chicken bouillon into the water. Increase heat to medium-high, place a cover on the saucepan, and bring to a boil.
- ☐ Add serrano chile pepper and continue cooking at a boil for 10 minutes. Reduce heat to medium-low until the rice is tender and the water is absorbed, 15 to 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:35.86, Glycemic Load:15.58, Inflammation Score:-2, Nutrition Score:4.500000015549%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 165.42kcal (8.27%), Fat: 4.97g (7.65%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 26.31g (9.57%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 663.59mg (28.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Manganese: 0.39mg (19.42%), Vitamin C: 12.66mg (15.34%), Selenium: 4.86µg (6.94%), Vitamin E: 0.96mg (6.39%), Vitamin B6: 0.12mg (5.86%), Copper: 0.12mg (5.77%), Phosphorus: 46.33mg (4.63%), Vitamin K: 4.39µg (4.18%), Vitamin B5: 0.39mg (3.86%), Fiber: 0.94g (3.78%), Vitamin B3: 0.74mg (3.7%), Magnesium: 14mg (3.5%), Potassium: 119.9mg (3.43%), Iron: 0.54mg (3.02%), Zinc: 0.42mg (2.81%), Vitamin A: 131.34IU (2.63%), Vitamin B1: 0.04mg (2.42%), Vitamin B2: 0.03mg (2.01%), Folate: 7.83µg (1.96%), Calcium: 18.55mg (1.85%)