

SIDE DISH

Mexican Confetti Rice

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.74	224 kcal

Mexican Confetti Rice requires approximately 45 minutes from start to finish. One portion of this dish contains roughly 8g of protein, 3g of fat, and a total of 393 calories. For 74 cents per serving, you get a side dish that serves 4. Only a few people made this recipe, and 1 would say it hit the s...

Ingredients

- ☐ ½ finely chopped carrot
- ☐ 2/3 cup fresh corn kernels
- ☐ 2 teaspoons olive oil
- ☐ 1 cup long-grain rice
- ☐ 2 cups water
- ☐ ¾ cup finely chopped peeled chayote
- ☐ 1 garlic clove, minced
- ☐ ½ cup chopped onion
- ☐ ¾ teaspoon salt

EQUIPMENT Sauce pan

Method

- 1

Heat oil in a large saucepan over medium-high heat.
- 2

Add onion; saut 2 minutes.
- 3

Add garlic; saut 1 minute. Stir in rice, chayote, corn, and carrot; saut 3 minutes. Stir in water and salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender.

Nutrition per serving

224

KCAL

5 g

PROTEIN

3 g

FAT

45 g

CARBS

Saturated Fat	0.5 g · 3% of daily needs
Fibre	2.1 g · 8% of daily needs
Sugar	3.2 g · 4% of daily needs
Sodium	455 mg · 20% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	5.7 mg · 7% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mexican-confetti-rice-148202