



Mexican Green Rice



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1.5 cups rice long grain white
- ☐ 2.3 cups chicken stock see (depending on your rice*)
- ☐ 1 cup parsley packed roughly chopped
- ☐ 0.5 cup cilantro leaves packed roughly chopped
- ☐ 2 large poblano chiles seeded roughly chopped
- ☐ 2 Tbsp onion chopped
- ☐ 1 garlic clove peeled roughly chopped

- ☐ 6 servings salt to taste

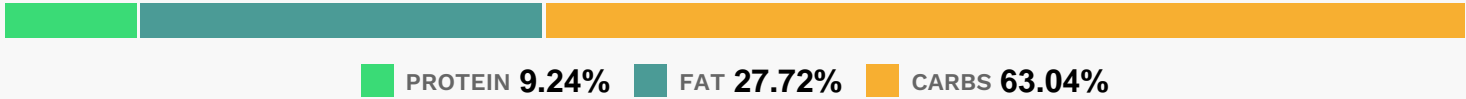
Equipment

- ☐ food processor
- ☐ pot
- ☐ kitchen towels

Directions

- ☐ Purée parsley, cilantro, chiles, onion, garlic, 1/2 cup of stock:
- ☐ Place the parsley, cilantro, poblanos, onion, garlic, and 1/2 cup of the chicken stock in a food processor. Pulse until smooth.
- ☐ Heat the oil in a thick-bottomed pot on high heat.
- ☐ Add the rice and stir to coat all of the grains with oil.
- ☐ Spread out in an even layer.
- ☐ Let the rice lightly brown. When it starts to brown, stir it and spread it out in an even layer again so that more of the rice browns.
- ☐ Stir parsley cilantro mixture into rice: When much of the rice has lightly browned, scrape out the parsley purée from the food processor into the rice. Stir to evenly mix the purée with the rice.
- ☐ Let cook for a minute or two.
- ☐ Add the rest of the chicken stock to the pot. Bring to a boil, then reduce the heat to a low simmer and cover the pot.
- ☐ Let cook on a very low simmer for 15 minutes, or as long as your package of rice indicates is the right cooking time for your rice.
- ☐ Remove from heat, cover with towel and lid, let sit: After the cooking time indicated on your rice package, remove the pot from heat. Uncover the pot and place a clean terry towel or dish towel over the pot, then re-cover.
- ☐ The towel will help absorb excess liquid as the rice continues to cook in its own steam. (If you don't have a clean towel, you can skip this step, just cover normally.)
- ☐ Let sit for 20 minutes.
- ☐ Fluff the rice with a fork and serve.

Nutrition Facts



Properties

Glycemic Index:32.03, Glycemic Load:22.63, Inflammation Score:-8, Nutrition Score:15.703478315602%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 280.01kcal (14%), Fat: 8.57g (13.18%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 41.88g (15.23%), Sugar: 3.03g (3.37%), Cholesterol: 2.7mg (0.9%), Sodium: 333.01mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin K: 176.64µg (168.23%), Vitamin C: 58.19mg (70.54%), Manganese: 0.6mg (30.24%), Vitamin A: 1137.45IU (22.75%), Vitamin B6: 0.27mg (13.72%), Selenium: 9.07µg (12.96%), Vitamin B3: 2.58mg (12.89%), Copper: 0.21mg (10.36%), Phosphorus: 96.59mg (9.66%), Vitamin E: 1.4mg (9.32%), Potassium: 312.68mg (8.93%), Iron: 1.44mg (8.03%), Fiber: 1.97g (7.86%), Folate: 30.34µg (7.59%), Vitamin B2: 0.13mg (7.52%), Vitamin B1: 0.11mg (7.14%), Magnesium: 26.44mg (6.61%), Vitamin B5: 0.58mg (5.78%), Zinc: 0.83mg (5.51%), Calcium: 37.67mg (3.77%)