



Mexican Red Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

Ingredients

- 1 teaspoon achiote powder
- 1 bay leaf
- 2 cups tomatoes canned crushed
- 2 garlic cloves minced
- 2.5 cups chicken broth low-sodium
- 2 tablespoons olive oil
- 1 small onion finely chopped
- 2 cups rice long-grain white

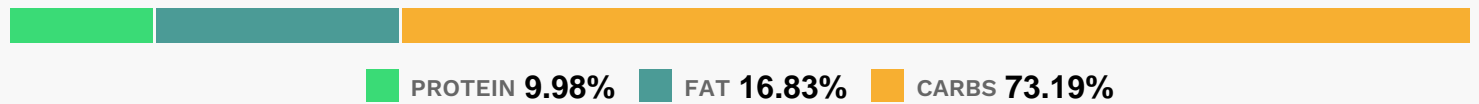
Equipment

- sauce pan

Directions

- Heat the oil in a medium saucepan over medium-high heat.
- Add the onions and garlic and cook until the onion is soft, about 2 minutes.
- Add the rice, achiote powder, and bay leaf. Cook and stir until the rice is opaque, about 2 minutes,
- Add the tomatoes and broth, stirring to combine. Bring to a boil, then reduce the heat to medium-low. Cook until the liquid evaporates to just below the level of the rice, about 10 minutes. Reduce the heat to the low, cover, and cook until the rice is tender, about 20 to 25 minutes. Uncover, fluff with a fork and serve with Chocolate Chicken Mole, if desired.

Nutrition Facts



Properties

Glycemic Index:26.03, Glycemic Load:31.66, Inflammation Score:-4, Nutrition Score:10.013478346493%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 314.09kcal (15.7%), Fat: 5.91g (9.09%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 57.8g (19.27%), Net Carbohydrates: 55.24g (20.09%), Sugar: 4.26g (4.73%), Cholesterol: 0mg (0%), Sodium: 139.8mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Manganese: 0.85mg (42.58%), Copper: 0.34mg (17.05%), Vitamin B3: 3.34mg (16.7%), Selenium: 10µg (14.28%), Phosphorus: 131.16mg (13.12%), Vitamin B6: 0.26mg (12.93%), Potassium: 413.01mg (11.8%), Vitamin E: 1.75mg (11.68%), Vitamin C: 8.6mg (10.43%), Fiber: 2.56g (10.23%), Iron: 1.82mg (10.13%), Vitamin B5: 0.87mg (8.7%), Magnesium: 33.97mg (8.49%), Vitamin B1: 0.11mg (7.4%), Vitamin K: 7.21µg (6.87%), Zinc: 1.02mg (6.8%), Vitamin B2: 0.11mg (6.23%), Calcium: 53.31mg (5.33%), Folate: 17.7µg (4.42%), Vitamin A: 174.79IU (3.5%), Vitamin B12: 0.1µg (1.64%)