

Mexican red rice



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

Ingredients



250 g rice



250 ml salsa homemade (see related recipes)



600 ml chicken stock see



4 servings cilantro leaves

Equipment

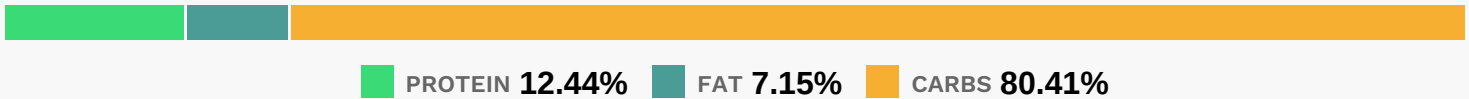


sauce pan

Directions

- ☐ In a medium saucepan, combine basmati rice and salsa.
- ☐ Heat for 2-3 mins, then add stock.
- ☐ Mix together, bring to the boil, then cover and simmer over a very low heat. Cook for 10-12 mins or until the rice is tender.
- ☐ Serve scattered with coriander.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:30.08, Inflammation Score:-4, Nutrition Score:9.3260870083519%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 302.85kcal (15.14%), Fat: 2.37g (3.65%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 59.97g (19.99%), Net Carbohydrates: 57.92g (21.06%), Sugar: 5.1g (5.66%), Cholesterol: 4.56mg (1.52%), Sodium: 671.34mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.56%), Manganese: 0.76mg (37.9%), Vitamin B3: 4.17mg (20.87%), Selenium: 13.4µg (19.15%), Vitamin B6: 0.32mg (15.82%), Phosphorus: 134.99mg (13.5%), Copper: 0.26mg (13.23%), Potassium: 409.37mg (11.7%), Vitamin B2: 0.18mg (10.71%), Fiber: 2.05g (8.21%), Vitamin B1: 0.12mg (8.07%), Magnesium: 32.04mg (8.01%), Vitamin B5: 0.77mg (7.73%), Zinc: 1.03mg (6.88%), Vitamin A: 341IU (6.82%), Vitamin E: 0.95mg (6.37%), Iron: 1.11mg (6.17%), Calcium: 41.36mg (4.14%), Folate: 15.42µg (3.85%), Vitamin K: 3.56µg (3.39%), Vitamin C: 1.64mg (1.98%)