



Mexican Rice

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

447 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 clove garlic
- ☐ 1 jalapeno halved
- ☐ 4 servings kosher salt
- ☐ 4 plum tomatoes chopped
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 onion white chopped
- ☐ 2 cups rice long-grain white

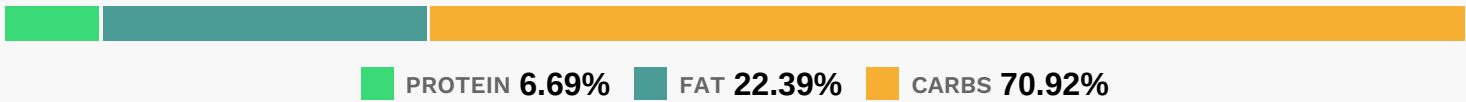
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Soak the rice in a bowl of hot water, about 5 minutes.
- ☐ Drain, rinse and shake dry.
- ☐ Heat the vegetable oil in a large skillet over medium-high heat.
- ☐ Add the rice and toast, stirring, 8 to 10 minutes. Meanwhile, puree the garlic, onion and tomatoes in a blender.
- ☐ Add to the rice and cook until absorbed, about 3 minutes.
- ☐ Add 3 1/2 cups water, the jalapeno and a pinch of salt; cover and cook over medium heat until the rice is tender, about 10 minutes.
- ☐ Remove the skillet from the heat. Uncover and place a clean towel over the rice, then re-cover and let stand 15 minutes. Fluff the rice with a fork; serve with the jalapeno, if desired.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:47.05, Glycemic Load:45.54, Inflammation Score:-5, Nutrition Score:10.905652201694%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 446.59kcal (22.33%), Fat: 10.97g (16.87%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 78.13g (26.04%), Net Carbohydrates: 75.83g (27.58%), Sugar: 2.48g (2.75%), Cholesterol: 0mg (0%), Sodium: 202.3mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Manganese: 1.11mg (55.56%), Vitamin K: 24.46µg

(23.3%), Selenium: 14.16µg (20.22%), Vitamin C: 13.9mg (16.84%), Phosphorus: 127.3mg (12.73%), Copper: 0.25mg (12.47%), Vitamin B6: 0.24mg (12.09%), Vitamin A: 554.53IU (11.09%), Vitamin B5: 1.03mg (10.26%), Vitamin B3: 1.91mg (9.57%), Vitamin E: 1.4mg (9.33%), Fiber: 2.29g (9.18%), Potassium: 285.12mg (8.15%), Magnesium: 32.04mg (8.01%), Zinc: 1.15mg (7.67%), Vitamin B1: 0.1mg (6.46%), Iron: 0.96mg (5.34%), Folate: 20.28µg (5.07%), Vitamin B2: 0.06mg (3.77%), Calcium: 37.16mg (3.72%)