



Mexican Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 cup bell pepper green minced



0.5 teaspoon ground cumin



1.5 cups lower-sodium chicken broth fat-free



0.8 cup rice long-grain uncooked



0.5 cup tomatoes diced

Equipment

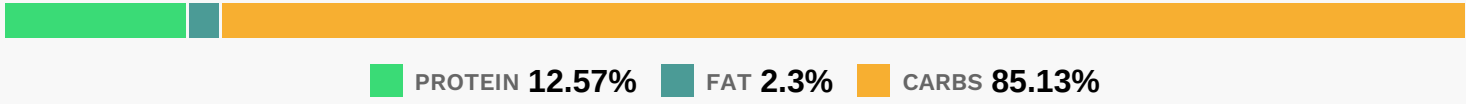


sauce pan

Directions

Combine rice, chicken broth, bell pepper, diced tomato, and ground cumin in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:28.55, Glycemic Load:16.94, Inflammation Score:-3, Nutrition Score:4.8882608828337%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 140.25kcal (7.01%), Fat: 0.35g (0.54%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 28.41g (10.33%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 168.64mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Manganese: 0.43mg (21.48%), Vitamin C: 17.55mg (21.27%), Potassium: 301.1mg (8.6%), Selenium: 5.25µg (7.5%), Vitamin B6: 0.11mg (5.73%), Copper: 0.1mg (5.09%), Phosphorus: 49.33mg (4.93%), Vitamin A: 227.23IU (4.54%), Fiber: 1.02g (4.07%), Vitamin B5: 0.39mg (3.87%), Vitamin B3: 0.77mg (3.83%), Magnesium: 13.5mg (3.37%), Iron: 0.56mg (3.09%), Zinc: 0.45mg (2.97%), Vitamin B1: 0.04mg (2.89%), Vitamin K: 2.9µg (2.76%), Folate: 7.46µg (1.86%), Calcium: 15.77mg (1.58%), Vitamin B2: 0.03mg (1.56%), Vitamin E: 0.22mg (1.44%)