



Mexican Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

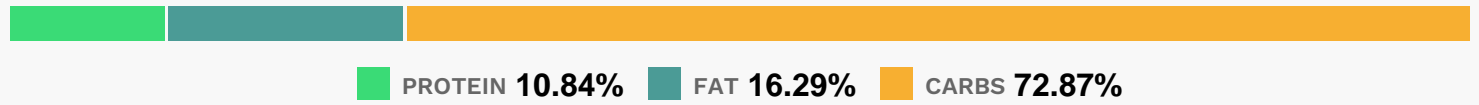
Ingredients

- 6 servings pepper black
- 2 cups chicken stock see
- 3 pepper flakes trimmed
- 2 garlic clove roughly chopped
- 0.5 onion roughly chopped
- 1 cup peas frozen
- 1 cup rice long-grain
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- 0.5 teaspoon salt
- 7 tomatoes chopped
- 2 tablespoons vegetable oil

Equipment

Nutrition Facts



Properties

Glycemic Index:56.45, Glycemic Load:33.11, Inflammation Score:-8, Nutrition Score:17.700869565217%

Flavonoids

Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 353.77kcal (17.69%), Fat: 6.4g (9.85%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 64.42g (21.47%), Net Carbohydrates: 59.98g (21.81%), Sugar: 8.07g (8.97%), Cholesterol: 2.4mg (0.8%), Sodium: 322.24mg (14.01%), Protein: 9.58g (19.16%), Vitamin C: 62.81mg (76.13%), Manganese: 1.02mg (50.87%), Vitamin A: 1597.65IU (31.95%), Vitamin K: 29.26µg (27.86%), Vitamin B6: 0.44mg (22.16%), Vitamin B3: 3.91mg (19.53%), Potassium: 645.19mg (18.43%), Fiber: 4.44g (17.76%), Copper: 0.34mg (17.16%), Selenium: 11.81µg (16.87%), Phosphorus: 167.08mg (16.71%), Vitamin B1: 0.21mg (14.07%), Folate: 53.13µg (13.28%), Magnesium: 48.89mg (12.22%), Vitamin B2: 0.18mg (10.62%), Vitamin E: 1.43mg (9.52%), Zinc: 1.42mg (9.43%), Iron: 1.68mg (9.36%), Vitamin B5: 0.84mg (8.42%), Calcium: 47.69mg (4.77%)