

Mexican Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 1 teaspoon chili powder
- ☐ 1 clove garlic minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.7 cup onion diced
- ☐ 0.1 teaspoon powdered saffron
- ☐ 2 teaspoons salt

- ☐ 3 tablespoons vegetable oil
- ☐ 3 cups water
- ☐ 1.5 cups rice white uncooked

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, heat vegetable oil over a medium-low heat.
- ☐ Place the onions in the pan, and saute until golden.
- ☐ Add rice to pan, and stir to coat grains with oil.
- ☐ Mix in green bell pepper, cumin, chili powder, tomato sauce, salt, garlic, saffron, and water. Cover, bring to a boil, and then reduce heat to simmer. Cook for 30 to 40 minutes, or until rice is tender. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:17.55, Inflammation Score:-4, Nutrition Score:6.2221738773844%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 189.76kcal (9.49%), Fat: 5.55g (8.54%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 30.17g (10.97%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 727.6mg (31.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Manganese: 0.47mg (23.42%), Vitamin C: 18.08mg (21.92%), Vitamin K: 11.92µg (11.36%), Selenium: 5.59µg (7.99%), Vitamin B6: 0.15mg (7.67%), Copper: 0.15mg (7.34%), Vitamin E: 1.04mg (6.93%), Fiber: 1.54g (6.16%), Phosphorus: 57.71mg (5.77%), Vitamin A: 269.27IU (5.39%),

Potassium: 187.14mg (5.35%), Vitamin B3: 0.98mg (4.92%), Iron: 0.86mg (4.79%), Vitamin B5: 0.48mg (4.79%),
Magnesium: 18.41mg (4.6%), Zinc: 0.52mg (3.5%), Vitamin B1: 0.05mg (3.39%), Vitamin B2: 0.05mg (2.81%),
Calcium: 25.47mg (2.55%), Folate: 9.83µg (2.46%)