

Mexican Rice I



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces tomatoes diced canned
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 small onion diced
- ☐ 0.7 cup rice long-grain uncooked
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons vegetable oil
- ☐ 1.5 cups water

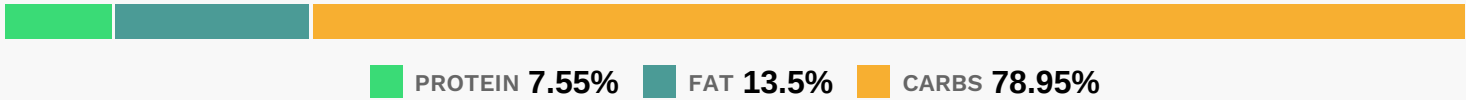
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, heat oil over medium heat. Stir in onion and saute until translucent.
- ☐ Pour the rice into the pan and stir to coat grains with oil.
- ☐ Mix in cumin, chili powder, tomatoes, salt and water. Cover, bring to a boil then reduce heat to low. Cook at a simmer for 20 to 30 minutes or until rice is tender. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:7.51, Inflammation Score:-1, Nutrition Score:1.8078261017799%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 68.11kcal (3.41%), Fat: 1.01g (1.55%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.84g (4.67%), Sugar: 0.47g (0.52%), Cholesterol: 0mg (0%), Sodium: 311.31mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Manganese: 0.19mg (9.43%), Selenium: 2.39µg (3.42%), Copper: 0.05mg (2.63%), Vitamin B6: 0.05mg (2.27%), Phosphorus: 22.02mg (2.2%), Vitamin K: 2.03µg (1.93%), Iron: 0.34mg (1.9%), Vitamin B5: 0.18mg (1.75%), Fiber: 0.44g (1.75%), Vitamin B3: 0.35mg (1.74%), Magnesium: 6.56mg (1.64%), Vitamin C: 1.32mg (1.6%), Vitamin E: 0.21mg (1.41%), Potassium: 48.84mg (1.4%), Zinc: 0.21mg (1.38%), Vitamin B1: 0.02mg (1.25%), Calcium: 11.71mg (1.17%), Vitamin A: 51.18IU (1.02%)