



Mexican Rice II



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups chicken broth
- ☐ 1 teaspoon garlic salt
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup onion chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 cup tomato sauce
- ☐ 3 tablespoons vegetable oil

Equipment

sauce pan

Directions

- Heat oil in a large saucepan over medium heat and add rice. Cook, stirring constantly, until puffed and golden. While rice is cooking, sprinkle with salt and cumin.
- Stir in onions and cook until tender. Stir in tomato sauce and chicken broth; bring to a boil. Reduce heat to low, cover and simmer for 20 to 25 minutes. Fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:34.55, Glycemic Load:22.99, Inflammation Score:-2, Nutrition Score:6.5660869816075%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 278.32kcal (13.92%), Fat: 10.91g (16.78%), Saturated Fat: 1.67g (10.47%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 38.91g (14.15%), Sugar: 2.08g (2.31%), Cholesterol: 2.35mg (0.78%), Sodium: 1165.59mg (50.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Manganese: 0.61mg (30.64%), Vitamin K: 19.72µg (18.78%), Selenium: 7.7µg (11%), Vitamin E: 1.38mg (9.22%), Copper: 0.16mg (8.06%), Phosphorus: 70.3mg (7.03%), Vitamin B2: 0.12mg (6.79%), Vitamin B3: 1.32mg (6.62%), Vitamin B6: 0.12mg (5.95%), Vitamin B5: 0.59mg (5.86%), Potassium: 184.48mg (5.27%), Iron: 0.94mg (5.22%), Fiber: 1.26g (5.03%), Magnesium: 19.26mg (4.82%), Vitamin B1: 0.07mg (4.7%), Zinc: 0.68mg (4.56%), Vitamin C: 2.9mg (3.52%), Vitamin A: 138.33IU (2.77%), Calcium: 26.92mg (2.69%), Folate: 8.38µg (2.1%)