



Mexican Rice Pilaf

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



3

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons chili powder
- 1 teaspoon garlic minced
- 0.5 teaspoon ground cumin
- 1.5 cups brown rice instant
- 1 jalapeno minced seeded
- 1 cup monterrey jack cheese shredded
- 1 onion chopped
- 1 bell pepper red chopped

- 1 large tomatoes seeded chopped
- 1.5 cups vegetable broth
- 1 tablespoon vegetable oil

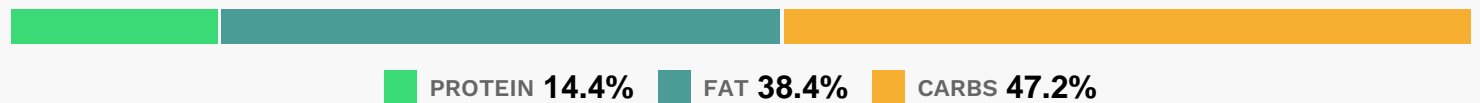
Equipment

- sauce pan

Directions

- In a large saucepan, heat oil over medium high heat.
- Add onion and garlic; cook for 3 minutes, stirring occasionally. Stir in broth, rice, chili powder, jalapeno peppers, and cumin. Cover, and bring to a boil over high heat. Reduce heat, and simmer for 4 minutes. Stir in bell pepper. Cover. Simmer for 5 minutes, or until liquid is absorbed.
- Stir tomato and shredded cheese into hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:78.67, Glycemic Load:2.78, Inflammation Score:-10, Nutrition Score:21.900869421337%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 393.6kcal (19.68%), Fat: 16.91g (26.02%), Saturated Fat: 8.05g (50.31%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 43.13g (15.68%), Sugar: 6.33g (7.03%), Cholesterol: 33.52mg (11.17%), Sodium: 729.12mg (31.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.53%), Vitamin C: 67.68mg (82.04%), Vitamin A: 2737.94IU (54.76%), Folate: 161.04µg (40.26%), Manganese: 0.64mg (32.18%), Calcium: 317.6mg (31.76%), Selenium: 22.13µg (31.62%), Vitamin B1: 0.47mg (31.59%), Phosphorus: 261.89mg (26.19%), Iron: 3.87mg (21.52%), Vitamin B3: 4.08mg (20.38%), Vitamin K: 18.51µg (17.63%), Vitamin B6: 0.35mg (17.58%), Fiber: 3.65g (14.61%), Vitamin E: 2.14mg

(14.23%), Zinc: 2.1mg (14.01%), Vitamin B2: 0.23mg (13.65%), Potassium: 370.67mg (10.59%), Magnesium: 35.45mg (8.86%), Copper: 0.17mg (8.32%), Vitamin B5: 0.52mg (5.22%), Vitamin B12: 0.31µg (5.21%), Vitamin D: 0.23µg (1.51%)