



Mexican Vegetable Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



323 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil
- 0.8 teaspoon ground pepper
- 2 tablespoons parsley fresh chopped
- 2 teaspoons garlic minced
- 2 spring onion chopped
- 1 cup onion diced
- 10 ounce peas-carrots mix shopping list mixed frozen thawed
- 1.5 teaspoons salt

- 1.5 cups tomatoes diced deseeded
- 3 cups vegetable stock
- 1.5 cups rice white
- 1.5 cups rice white

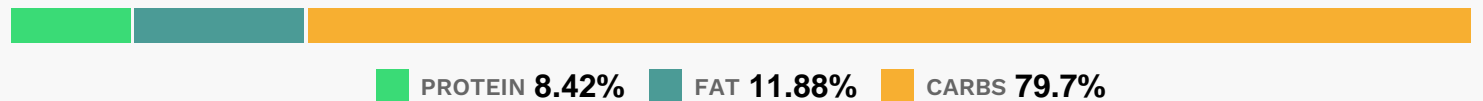
Equipment

- frying pan

Directions

- In a large saute pan, saute onion, garlic, and rice in canola oil until onion is soft and rice is opaque.
- Add salt, cayenne pepper, and vegetable stock to the pan. Bring the liquid to a boil. Cover the pan and reduce heat to low, simmer for 20 minutes or until all of the liquid is absorbed.
- Add vegetables and tomatoes. Cover pan and allow to sit for 5 minutes. Turn off heat.
- Sprinkle top of rice with parsley and green onions.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:34.73, Inflammation Score:-10, Nutrition Score:13.261739067409%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 323.41kcal (16.17%), Fat: 4.25g (6.54%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 64.14g (21.38%), Net Carbohydrates: 61.18g (22.25%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 823.41mg (35.8%), Alcohol: 0g (100%), Protein: 6.77g (13.54%), Vitamin A: 3978.5IU (79.57%), Manganese: 0.92mg (45.98%), Vitamin K: 27.63µg (26.31%), Selenium: 11.14µg (15.92%), Vitamin C: 11.55mg (14%), Fiber: 2.96g (11.84%), Phosphorus: 116.94mg

(11.69%), Copper: 0.22mg (10.79%), Vitamin B6: 0.21mg (10.63%), Vitamin B1: 0.14mg (9.34%), Vitamin B3: 1.85mg (9.25%), Vitamin B5: 0.83mg (8.34%), Magnesium: 30.38mg (7.59%), Potassium: 264.63mg (7.56%), Folate: 29.96µg (7.49%), Zinc: 1.06mg (7.06%), Iron: 1.2mg (6.65%), Vitamin E: 0.92mg (6.16%), Vitamin B2: 0.08mg (4.67%), Calcium: 41.83mg (4.18%)