



## Mexican White Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

### Ingredients

- 1 cup chicken broth reduced-sodium
- 3 tablespoons vegetable oil
- 1.5 pounds rice long-grain white
- 1 cup onion white finely chopped
- 2 large garlic clove finely chopped
- 4 cups water

### Equipment

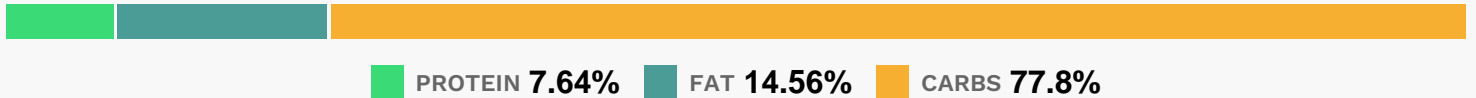
- bowl

- frying pan
- pot
- kitchen towels

## Directions

- Bring about 6 cups water to a boil and pour over rice in a bowl. Soak rice until it has turned a more opaque white, 2 to 3 minutes.
- Drain well and spread out on a clean kitchen towel to dry, at least 1 hour.
- Cook onion and garlic in oil in a wide 4- to 5-quart heavy pot or deep skillet over medium heat, stirring, until softened, about 3 minutes.
- Add rice and cook over medium-high heat, stirring, until pale golden, about 5 minutes, then add broth, water, and 2 teaspoons salt and bring to a boil. Cover tightly and cook over low heat until rice is tender, 18 to 20 minutes.
- Let stand, covered, 5 minutes, then fluff with a fork.
- Rice can be soaked up to 4 hours.
- Rice will stay warm, covered, for about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.77, Glycemic Load:41.41, Inflammation Score:-2, Nutrition Score:7.5369565076316%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 369.35kcal (18.47%), Fat: 5.86g (9.02%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 70.47g (23.49%), Net Carbohydrates: 69.01g (25.09%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 19.94mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Manganese: 0.96mg (48.18%), Selenium: 13.05µg (18.64%), Copper: 0.23mg (11.56%), Phosphorus: 113.6mg (11.36%), Vitamin K: 9.56µg (9.1%), Vitamin B3: 1.79mg (8.97%), Vitamin B5: 0.89mg (8.91%), Vitamin B6: 0.18mg (8.79%), Zinc: 1.01mg (6.74%), Magnesium: 24.93mg

(6.23%), Fiber: 1.46g (5.85%), Vitamin B1: 0.07mg (4.68%), Potassium: 155.38mg (4.44%), Iron: 0.8mg (4.43%), Calcium: 34.5mg (3.45%), Vitamin E: 0.52mg (3.44%), Vitamin B2: 0.06mg (3.34%), Folate: 10.63µg (2.66%), Vitamin C: 1.71mg (2.08%)