



Mexican White Rice

 **Gluten Free**  **Popular**

READY IN



50 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup peas canned drained
- 0.3 cup carrots minced
- 1 tablespoon chicken soup base
- 1 poblano chile pepper fresh deveined seeded chopped
- 0.5 cup corn kernels fresh
- 1 clove garlic minced
- 1 cup milk

- 0.5 onion chopped
- 1 tablespoon vegetable oil
- 1 cup water
- 1 cup rice white rinsed drained

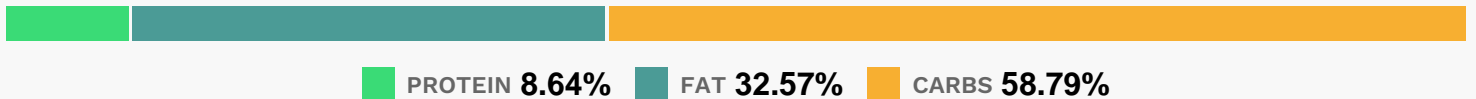
Equipment

- sauce pan

Directions

- Heat the oil in a large saucepan over medium-high heat; cook the corn kernels in the hot oil until tender, about 5 minutes. Stir the poblano pepper, onion, peas, garlic, and carrot into the corn; cook and stir another 5 minutes.
- Pour the water and milk into the mixture; bring to a boil. Allow the butter to melt into the boiling mixture.
- Add the rice and stir. Season with chicken bouillon; cover the saucepan, reduce heat to medium-low, and simmer the mixture until all the liquid is absorbed and the rice is tender, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:16.21, Inflammation Score:-7, Nutrition Score:7.5286956559057%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 218.65kcal (10.93%), Fat: 7.94g (12.22%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 30.84g (11.21%), Sugar: 4.27g (4.75%), Cholesterol: 15.02mg (5.01%), Sodium: 273.67mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin A: 1325.72IU (26.51%), Manganese:

0.42mg (21.08%), Vitamin C: 13.56mg (16.44%), Phosphorus: 104.81mg (10.48%), Selenium: 6.07µg (8.68%), Vitamin K: 8.62µg (8.21%), Vitamin B6: 0.16mg (7.84%), Calcium: 70.65mg (7.06%), Vitamin B5: 0.61mg (6.14%), Magnesium: 23.38mg (5.85%), Vitamin B2: 0.1mg (5.77%), Vitamin B1: 0.09mg (5.75%), Potassium: 200.34mg (5.72%), Fiber: 1.41g (5.65%), Copper: 0.11mg (5.42%), Vitamin B3: 1.03mg (5.18%), Zinc: 0.7mg (4.64%), Vitamin B12: 0.23µg (3.83%), Folate: 14.92µg (3.73%), Iron: 0.57mg (3.19%), Vitamin E: 0.45mg (3.01%), Vitamin D: 0.45µg (2.98%)