



My Favorite Mexican Rice



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce chiles green canned drained chopped
- ☐ 4 ounce tomato sauce canned
- ☐ 2.5 cups chicken broth
- ☐ 0.3 teaspoon chili powder
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 cups monterrey jack cheese shredded
- ☐ 1 small onion minced

- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup rice long grain white

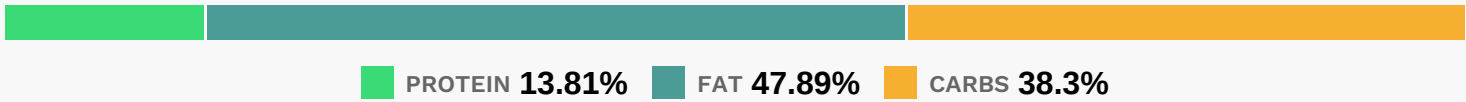
Equipment

- ☐ frying pan

Directions

- ☐ Heat vegetable oil in a large skillet over medium heat. Stir in rice; cook and stir until rice is lightly browned and gives off a toasted fragrance, 5 to 7 minutes. Stir in the chicken broth, tomato sauce, green chiles, onion, garlic, salt, cumin, and chili powder. Bring to a boil, then reduce heat to low. Cover and simmer until rice is tender, about 25 minutes, stirring occasionally.
- ☐ Spread Monterey Jack cheese on top, then replace the lid and allow the cheese to melt, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:32.53, Glycemic Load:15.55, Inflammation Score:-4, Nutrition Score:8.5682608925778%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 299.42kcal (14.97%), Fat: 15.94g (24.53%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 27.41g (9.97%), Sugar: 1.79g (1.99%), Cholesterol: 27.1mg (9.03%), Sodium: 1282.58mg (55.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.68%), Calcium: 239.42mg (23.94%), Manganese: 0.44mg (22.2%), Phosphorus: 177.98mg (17.8%), Selenium: 9.54µg (13.63%), Vitamin K: 13.93µg (13.27%), Vitamin B2: 0.21mg (12.15%), Vitamin C: 8.98mg (10.88%), Zinc: 1.36mg (9.03%), Vitamin B6: 0.14mg (7.15%), Vitamin A: 352IU (7.04%), Vitamin E: 1.02mg (6.77%), Iron: 1.12mg (6.25%), Copper: 0.12mg (6.18%), Magnesium: 22.07mg (5.52%), Folate: 21.75µg (5.44%), Vitamin B3: 1.08mg (5.39%), Potassium: 179.22mg (5.12%),

Fiber: 1.27g (5.09%), Vitamin B5: 0.48mg (4.76%), Vitamin B12: 0.25µg (4.23%), Vitamin B1: 0.06mg (4.1%), Vitamin D: 0.17µg (1.13%)