



Rice with Caramelized Onions (Arroz con Cebolla al Caramelo)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 cups vegetable broth
- ☐ 2 cups rice long grain white

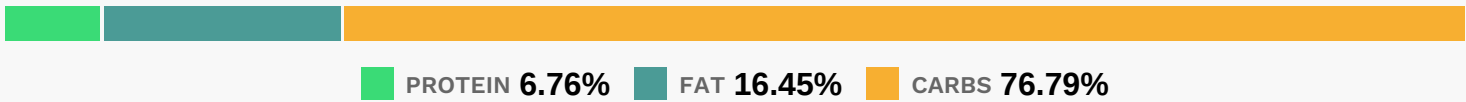
Equipment

- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a medium pot, heat the olive oil over medium heat.
- ☐ Add the onions, sugar and garlic and cook about 5 minutes or until golden brown.
- ☐ Add the rice, stir with a wooden spoon to coat well, and cook for 1 minute.
- ☐ Add the broth and salt bring to a boil, stir and decrease the heat to low.Cover and cook for about 20 minutes or until the water is absorbed and the rice is tender.
- ☐ Remove from the heat and let rest for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:58.32, Glycemic Load:46.78, Inflammation Score:-4, Nutrition Score:8.4113042458244%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 426.35kcal (21.32%), Fat: 7.66g (11.78%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 80.44g (26.81%), Net Carbohydrates: 78.54g (28.56%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 1057.87mg (45.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.17%), Manganese: 1.07mg (53.6%), Selenium: 14.28µg (20.4%), Phosphorus: 119.12mg (11.91%), Copper: 0.22mg (11.09%), Vitamin B6: 0.21mg (10.45%), Vitamin B5: 0.99mg (9.92%), Vitamin B3: 1.53mg (7.66%), Fiber: 1.9g (7.59%), Vitamin E: 1.12mg (7.46%), Zinc: 1.09mg (7.24%), Magnesium: 27.33mg (6.83%), Vitamin B1: 0.08mg (5.64%), Vitamin A: 251.14IU (5.02%), Iron: 0.88mg (4.9%), Potassium: 167.99mg (4.8%), Vitamin K: 4.48µg (4.27%), Vitamin C: 3.19mg (3.87%), Folate: 15.02µg (3.76%), Calcium: 36.9mg (3.69%), Vitamin B2: 0.06mg (3.36%)