



## RICE WITH CARROTS (ARROZ CON ZANAHORIA)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup carrots grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoon vegetable oil
- ☐ 4 cups vegetable stock
- ☐ 2 cups rice long grain white

### Equipment

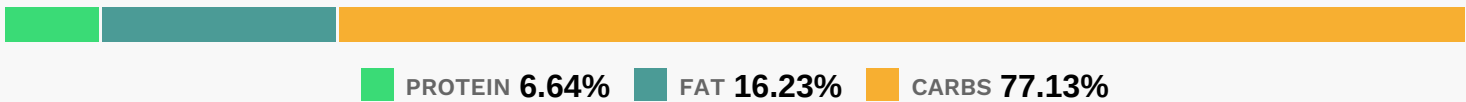
- ☐ sauce pan

- ☐ pot
- ☐ sieve
- ☐ stove

## Directions

- ☐ Rinse the rice thoroughly by placing it into a strainer and running cool water over it.
- ☐ Place the rice in a medium saucepan; then add the vegetable stock, oil, carrots and salt.Bring to a boil over high heat. Stir once and cover, reduce to low heat and cook for 20 minutes.
- ☐ Remove the pot from the stove and let it sit for 10 minutes. Fluff the rice using a fork and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:38.25, Glycemic Load:46.88, Inflammation Score:-10, Nutrition Score:12.952173948288%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 422.61kcal (21.13%), Fat: 7.49g (11.52%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 80.03g (26.68%), Net Carbohydrates: 77.93g (28.34%), Sugar: 3.63g (4.03%), Cholesterol: 0mg (0%), Sodium: 1112.05mg (48.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.79%), Vitamin A: 5846.47IU (116.93%), Manganese: 1.05mg (52.63%), Selenium: 14µg (20%), Vitamin K: 16.82µg (16.02%), Phosphorus: 117.57mg (11.76%), Copper: 0.22mg (10.9%), Vitamin B5: 1.03mg (10.25%), Vitamin B6: 0.2mg (9.79%), Vitamin B3: 1.79mg (8.97%), Fiber: 2.1g (8.39%), Zinc: 1.09mg (7.24%), Magnesium: 26.97mg (6.74%), Potassium: 208.8mg (5.97%), Vitamin E: 0.87mg (5.79%), Vitamin B1: 0.09mg (5.72%), Iron: 0.84mg (4.66%), Vitamin B2: 0.06mg (3.76%), Calcium: 36.55mg (3.65%), Folate: 13.48µg (3.37%), Vitamin C: 1.89mg (2.29%)