



WHATSheATE



Rice with Coca- Cola and Raisins (Arroz con Coca- Cola y Pasas)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon butter
- ☐ 2 cups coca-cola
- ☐ 0.5 cup raisins
- ☐ 3 tablespoon scallions plus more for garnish chopped
- ☐ 1 vegetable bouillon
- ☐ 0.3 cup water
- ☐ 1 cup rice long-grain white

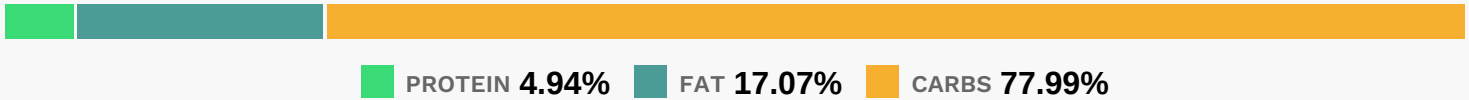
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ stove

Directions

- ☐ Place the rinsed rice in a medium saucepan. Then add the butter, coca-cola, water, chicken or vegetable bouillon, raisins and scallions.Bring to a boil over medium high heat. Stir once, cover, reduce the heat to low, and cook for 20 minutes, remove the pan from the stove and let it sit for 5 minutes. Fluff the rice using a fork and serve immediately.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:37.07, Inflammation Score:-2, Nutrition Score:5.5665217152108%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 317.77kcal (15.89%), Fat: 6.11g (9.4%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 62.82g (20.94%), Net Carbohydrates: 60.87g (22.13%), Sugar: 10.75g (11.95%), Cholesterol: 15.05mg (5.02%), Sodium: 59.58mg (2.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.44mg (3.15%), Protein: 3.98g (7.96%), Manganese: 0.56mg (28.06%), Selenium: 7.31µg (10.44%), Vitamin K: 9.85µg (9.38%), Phosphorus: 81.93mg (8.19%), Copper: 0.16mg (8.19%), Fiber: 1.95g (7.8%), Potassium: 219.18mg (6.26%), Iron: 1.04mg (5.76%), Vitamin B6: 0.11mg (5.64%), Vitamin B5: 0.49mg (4.88%), Vitamin B3: 0.97mg (4.84%), Magnesium: 18.19mg (4.55%), Vitamin A: 220.33IU (4.41%), Zinc: 0.59mg (3.9%), Vitamin B1: 0.06mg (3.7%), Vitamin B2: 0.06mg (3.63%), Calcium: 25.75mg (2.57%), Vitamin C: 1.82mg (2.21%), Folate: 7.33µg (1.83%), Vitamin E: 0.24mg (1.59%)