



RICE WITH COCA-COLA (ARROZ CON COCA-COLA)



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon butter
- ☐ 1 tablet chicken bouillon
- ☐ 1.5 cup coca-cola
- ☐ 2 tablespoon scallions chopped
- ☐ 1 cup water
- ☐ 1 cup rice long-grain white

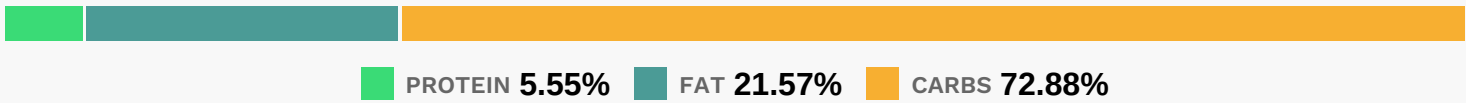
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ stove

Directions

☐ Place the rinsed rice in a medium saucepan; then add the butter, coca-cola, water, chicken bouillon 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:51.55, Glycemic Load:27.63, Inflammation Score:-2, Nutrition Score:4.1313043217296%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 252.72kcal (12.64%), Fat: 6.01g (9.24%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 44.98g (16.36%), Sugar: 8.07g (8.97%), Cholesterol: 15.05mg (5.02%), Sodium: 55.3mg (2.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.08mg (2.36%), Protein: 3.47g (6.95%), Manganese: 0.51mg (25.49%), Selenium: 7.16µg (10.23%), Phosphorus: 64.83mg (6.48%), Vitamin K: 6.75µg (6.42%), Copper: 0.11mg (5.73%), Vitamin B5: 0.48mg (4.79%), Vitamin A: 204.84IU (4.1%), Vitamin B6: 0.08mg (3.89%), Vitamin B3: 0.76mg (3.79%), Zinc: 0.55mg (3.64%), Magnesium: 12.9mg (3.22%), Iron: 0.51mg (2.85%), Fiber: 0.68g (2.72%), Vitamin B1: 0.03mg (2.29%), Calcium: 20.35mg (2.03%), Potassium: 64.93mg (1.86%), Vitamin B2: 0.03mg (1.62%), Vitamin E: 0.23mg (1.53%), Folate: 5.83µg (1.46%)