



Rice with Pan-Roasted Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 cup jasmine rice uncooked
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

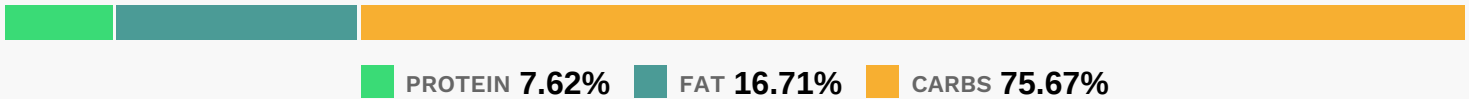
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add corn and salt; saute 5 minutes or until lightly browned. Stir in oregano; cook 1 minute. Stir in cilantro; remove from heat.
- ☐ Combine rice and corn mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:16.36, Glycemic Load:14.85, Inflammation Score:-3, Nutrition Score:4.031739120898%

Flavonoids

Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 151.95kcal (7.6%), Fat: 2.82g (4.35%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 27.68g (10.07%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 252.63mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Manganese: 0.39mg (19.34%), Vitamin K: 13.5µg (12.86%), Selenium: 4.85µg (6.93%), Phosphorus: 49.56mg (4.96%), Fiber: 1.09g (4.37%), Vitamin B5: 0.43mg (4.26%), Copper: 0.08mg (4.2%), Vitamin B3: 0.8mg (4.02%), Vitamin A: 195.08IU (3.9%), Folate: 14.63µg (3.66%), Vitamin B6: 0.07mg (3.32%), Magnesium: 12.41mg (3.1%), Zinc: 0.44mg (2.95%), Vitamin B2: 0.04mg (2.63%), Potassium: 87.57mg (2.5%), Iron: 0.43mg (2.4%), Vitamin E: 0.34mg (2.27%), Vitamin B1: 0.03mg (2.25%), Vitamin C: 1.16mg (1.41%), Calcium: 14.02mg (1.4%)