



Rice with Pasta

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 7 oz angel hair pasta
- ☐ 0.5 cup onion finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 cups rice long grain white
- ☐ 4 cups chicken broth
- ☐ 1 teaspoon salt
- ☐ 1 leaves cilantro leaves fresh

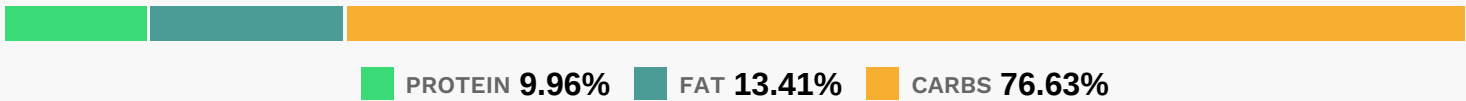
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat. Stir in pasta; cook and stir 3 to 5 minutes or until golden brown. Stir in onion and garlic; cook 2 to 3 minutes, stirring constantly, until tender.
- ☐ Stir in rice; cook 30 to 60 seconds or until light golden brown. Stir in chicken broth and salt. Reduce heat to low; cover and cook 20 to 25 minutes or until rice is tender and liquid is absorbed.
- ☐ Garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:14.97, Inflammation Score:-1, Nutrition Score:3.6452173616575%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 151.71kcal (7.59%), Fat: 2.22g (3.41%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 27.75g (10.09%), Sugar: 0.83g (0.92%), Cholesterol: 1.17mg (0.39%), Sodium: 365.5mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Manganese: 0.4mg (20.13%), Selenium: 11.62µg (16.6%), Phosphorus: 54.15mg (5.42%), Copper: 0.1mg (4.91%), Vitamin B3: 0.72mg (3.59%), Magnesium: 13.51mg (3.38%), Vitamin B2: 0.06mg (3.24%), Vitamin B6: 0.06mg (3.2%), Zinc: 0.48mg (3.2%), Fiber: 0.79g (3.15%), Vitamin B5: 0.3mg (3.01%), Vitamin B1: 0.04mg (2.83%), Iron: 0.41mg (2.3%), Vitamin E: 0.32mg (2.12%), Potassium: 73.25mg (2.09%), Calcium: 13.07mg (1.31%), Folate: 5.08µg (1.27%), Vitamin K: 1.31µg (1.24%)