

Roasted Corn and Garlic Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 2 cups chicken broth
- 4 ears corn sweet
- 2 garlic clove peeled
- 1 cup rice long grain uncooked
- 1 cup rice long grain uncooked
- 2.3 teaspoons olive oil
- 0.1 teaspoon pepper

0.3 teaspoon salt

Equipment

bowl

sauce pan

oven

knife

aluminum foil

Directions

Carefully peel back husks from corn to within 1-in. of bottom; remove silk. Rewrap corn in husks.

Place garlic cloves on a piece of heavy-duty foil; drizzle with 1/4 teaspoon oil. Fold foil around garlic and seal tightly.

Place corn and garlic directly on oven rack.

Bake at 400° for 30 minutes.

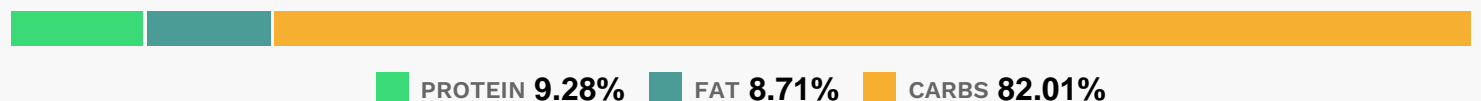
Remove corn; bake garlic 5–10 minutes longer or until softened.

Remove garlic from foil and place in a small bowl; cool. Mash with a fork. When corn is cool enough to handle, remove corn from cobs with a sharp knife.

In a large saucepan, heat remaining oil over medium heat.

Add rice; cook and stir for 2 minutes. Gradually add the broth, bay leaf, salt, pepper and roasted garlic. Bring to a boil. Reduce heat; cover and simmer for 12–13 minutes or until heated through. Stir in roasted corn; cover and cook 7–10 minutes longer or until rice is tender. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:46.09, Glycemic Load:44.66, Inflammation Score:-4, Nutrition Score:11.954347833343%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 444.44kcal (22.22%), Fat: 4.33g (6.67%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 91.86g (30.62%), Net Carbohydrates: 88.8g (32.29%), Sugar: 6.27g (6.96%), Cholesterol: 2.35mg (0.78%), Sodium: 599.71mg (26.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.79%), Manganese: 1.24mg (62.13%), Selenium: 15.19µg (21.71%), Phosphorus: 193.6mg (19.36%), Vitamin B3: 3.34mg (16.71%), Vitamin B5: 1.6mg (16.04%), Vitamin B1: 0.23mg (15.47%), Magnesium: 58.12mg (14.53%), Copper: 0.28mg (13.76%), Vitamin B6: 0.25mg (12.73%), Fiber: 3.06g (12.23%), Folate: 45.3µg (11.33%), Potassium: 377.56mg (10.79%), Zinc: 1.52mg (10.16%), Vitamin B2: 0.17mg (9.77%), Vitamin C: 6.6mg (8%), Iron: 1.35mg (7.48%), Vitamin E: 0.54mg (3.58%), Calcium: 35.71mg (3.57%), Vitamin A: 172.67IU (3.45%), Vitamin K: 1.84µg (1.76%)