



Short Cut Mexican Fideo (Vermicelli)

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 4 cups chicken stock see
- ☐ 2 tablespoons onion minced
- ☐ 7 ounces vermicelli pasta
- ☐ 2 cubes tomato-flavored bouillon

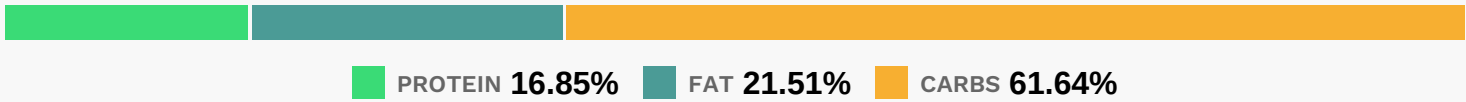
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a large sauce pan over medium-high heat. Cook and stir the onion in the hot oil for 1 minute. Stir in the vermicelli and cook until golden brown, about 3 minutes.
- ☐ Add the stock and bouillon cubes; cover. Simmer until the vermicelli is tender, 10 to 11 minutes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:15, Inflammation Score:-3, Nutrition Score:9.601739053493%

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: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 303.49kcal (15.17%), Fat: 7.14g (10.98%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 44.32g (16.12%), Sugar: 5.34g (5.94%), Cholesterol: 7.2mg (2.4%), Sodium: 346.4mg (15.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.15%), Selenium: 36.66µg (52.37%), Vitamin B3: 4.64mg (23.22%), Manganese: 0.46mg (23.1%), Phosphorus: 160.14mg (16.01%), Vitamin B2: 0.24mg (13.84%), Copper: 0.28mg (13.76%), Vitamin B6: 0.22mg (11.16%), Potassium: 371.12mg (10.6%), Magnesium: 36.45mg (9.11%), Vitamin B1: 0.13mg (8.74%), Zinc: 1.04mg (6.97%), Fiber: 1.68g (6.71%), Iron: 1.16mg (6.45%), Folate: 21.96µg (5.49%), Vitamin E: 0.74mg (4.95%), Vitamin K: 3.08µg (2.94%), Vitamin B5: 0.22mg (2.2%), Calcium: 18.82mg (1.88%), Vitamin C: 0.92mg (1.11%)