



Simple Mexican Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 cups chicken broth
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 1 onion chopped
- ☐ 1 cup short-grain rice white uncooked
- ☐ 0.3 cup tomato paste
- ☐ 2 tablespoons vegetable oil

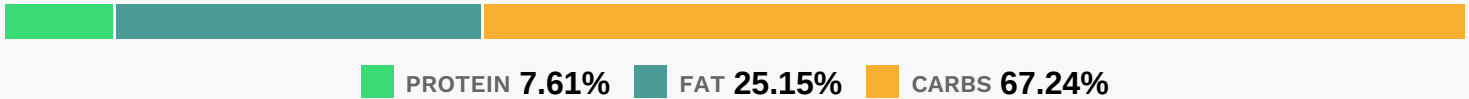
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onion and garlic; cook and stir until onion is translucent. Stir in the chili powder and cumin, and cook for about 30 seconds.
- ☐ Add the rice, chicken broth and tomato paste, and bring to a boil.
- ☐ Transfer to a 1 quart casserole dish, and cover with aluminum foil or a lid.
- ☐ Bake for 35 to 40 minutes, or until liquid has been absorbed and rice is tender.
- ☐ Let rest for 3 to 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:26.45, Inflammation Score:-6, Nutrition Score:8.993913060945%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 222.29kcal (11.11%), Fat: 6.23g (9.59%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 35.17g (12.79%), Sugar: 2.94g (3.27%), Cholesterol: 1.64mg (0.55%), Sodium: 418.6mg (18.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Manganese: 0.58mg (28.87%), Folate: 98.4µg (24.6%), Vitamin B1: 0.27mg (18.07%), Iron: 3.06mg (17.02%), Vitamin B3: 2.36mg (11.8%), Vitamin K: 12.08µg (11.51%),

Selenium: 7.4µg (10.57%), Fiber: 2.31g (9.24%), Copper: 0.17mg (8.45%), Vitamin E: 1.24mg (8.26%), Vitamin B6: 0.14mg (7.21%), Potassium: 241.82mg (6.91%), Vitamin A: 335.75IU (6.72%), Phosphorus: 66.65mg (6.66%), Vitamin B2: 0.1mg (6%), Vitamin C: 4.78mg (5.79%), Vitamin B5: 0.57mg (5.75%), Magnesium: 22.86mg (5.72%), Zinc: 0.7mg (4.66%), Calcium: 27.84mg (2.78%)