

Southern Dirty Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 pound chicken gizzards rinsed
- ☐ 4 cups chicken broth
- ☐ 0.5 pound chicken livers rinsed trimmed
- ☐ 3 cloves garlic minced
- ☐ 1 cup green onions thinly sliced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion finely chopped

- ☐ 8 servings salt to taste
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups rice white uncooked

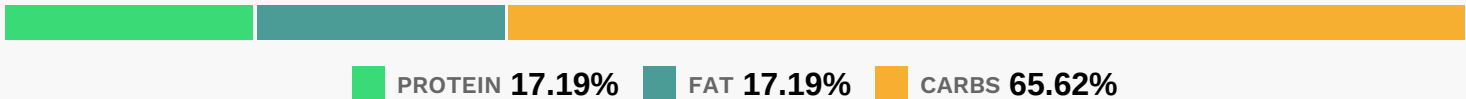
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Pulse gizzards in food processor, then pulse livers.
- ☐ Heat oil in a large saucepan.
- ☐ Saute onion and gizzards over medium heat, stirring constantly, until meat begins to brown (about 5 minutes).
- ☐ Add livers and garlic and cook, stirring constantly, until brown (about 3 minutes).
- ☐ Add rice and stir until coated with oil.
- ☐ Add broth, salt, pepper and cayenne pepper. Bring to a boil, then reduce heat to simmer. Cover and cook about 20 minutes, until rice has absorbed liquid.
- ☐ Sprinkle with green onion and serve.

Nutrition Facts



Properties

Glycemic Index:26.77, Glycemic Load:22.86, Inflammation Score:-9, Nutrition Score:21.48217422418%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 250.94kcal (12.55%), Fat: 4.7g (7.24%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 39.16g (14.24%), Sugar: 1.45g (1.62%), Cholesterol: 105.26mg (35.09%), Sodium: 659.7mg (28.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.17%), Vitamin B12: 4.74µg (79.08%), Vitamin A: 3304.13IU (66.08%), Folate: 181.54µg (45.38%), Vitamin B2: 0.62mg (36.47%), Manganese: 0.71mg (35.25%), Selenium: 24.23µg (34.61%), Vitamin K: 29.48µg (28.07%), Vitamin B5: 2.34mg (23.43%), Vitamin B3: 4.31mg (21.57%), Vitamin B6: 0.38mg (19.07%), Iron: 3.31mg (18.41%), Phosphorus: 162.8mg (16.28%), Copper: 0.28mg (14.16%), Vitamin B1: 0.16mg (10.89%), Vitamin C: 8.95mg (10.85%), Zinc: 1.52mg (10.14%), Potassium: 214.45mg (6.13%), Magnesium: 23.95mg (5.99%), Fiber: 1.23g (4.93%), Vitamin E: 0.55mg (3.65%), Calcium: 35.63mg (3.56%)