



Southwestern Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- 2 cups less-sodium chicken broth fat-free
- 0.3 cup green onions thinly sliced
- 1.3 teaspoons ground cumin
- 1 cup rice long-grain uncooked

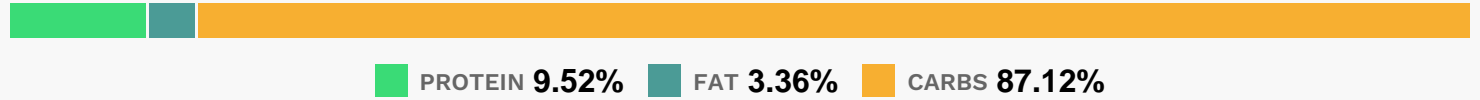
Equipment

- sauce pan

Directions

- Bring broth to a boil in a large saucepan; add rice and cumin. Return to a boil; cover, reduce heat, and simmer 25 minutes or until rice is tender and liquid is absorbed.
- Add green onions; toss gently.
- Serve this spiced rice dish with Chicken Enchiladas.

Nutrition Facts



Properties

Glycemic Index:16.36, Glycemic Load:14.91, Inflammation Score:-1, Nutrition Score:3.6056521781113%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 118.46kcal (5.92%), Fat: 0.43g (0.67%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 24.69g (8.98%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 312.39mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Manganese: 0.36mg (18.22%), Selenium: 6.37µg (9.1%), Vitamin K: 8.68µg (8.27%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 47.4mg (4.74%), Copper: 0.09mg (4.46%), Vitamin B5: 0.41mg (4.07%), Iron: 0.69mg (3.84%), Vitamin B6: 0.07mg (3.28%), Magnesium: 10.82mg (2.71%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.15µg (2.52%), Fiber: 0.55g (2.21%), Potassium: 77.11mg (2.2%), Vitamin B1: 0.03mg (2.12%), Vitamin B2: 0.04mg (2.1%), Calcium: 18.54mg (1.85%), Folate: 5.93µg (1.48%)