



## Spanish Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



329 kcal

SIDE DISH

## Ingredients

- 1 bay leaves
- 2 medium garlic clove peeled smashed
- 1.8 teaspoons kosher salt as needed plus more
- 0.8 cup chicken broth low-sodium
- 1 pound roma tomatoes cored coarsely chopped ( 4 or 5)
- 0.3 cup vegetable oil
- 0.5 medium onion white coarsely chopped
- 2 cups rice long-grain white

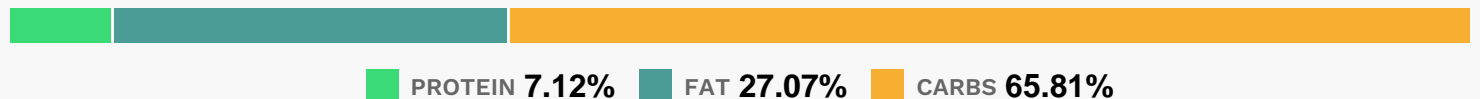
## Equipment

- pot
- sieve
- blender
- wooden spoon
- dutch oven

## Directions

- Place the rice in a fine-mesh strainer and rinse under cold water until the water runs clear. Set the rice aside in the strainer.
- Place the tomatoes, 3/4 cup of the broth, the garlic, onion, and measured salt in a blender and blend on high until puréed. (You should have 3 1/2 cups of liquid. If you don't have enough, add the remaining 1/4 cup of broth as needed.) Set aside.
- Heat the oil in a large, heavy-bottomed pot or Dutch oven over medium heat until shimmering.
- Add the strained rice and cook, stirring and scraping the bottom of the pot occasionally with a wooden spoon, until the rice is fragrant and makes a crackling sound, about 5 minutes.
- Add the tomato purée and bay leaf. Stir to combine, scraping the bottom of the pot to loosen any stuck grains of rice, and bring to a boil. Cover with a tightfitting lid, reduce the heat to low, and cook undisturbed until the rice is tender, about 15 minutes.
- Remove the pot from the heat and let it sit covered for 10 minutes. Discard the bay leaf and fluff the rice with a fork, incorporating the tomato layer on top. Taste and season with salt as needed.

## Nutrition Facts



## Properties

Glycemic Index:26.03, Glycemic Load:30.73, Inflammation Score:-5, Nutrition Score:8.8878259555153%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

## **Nutrients (% of daily need)**

Calories: 328.92kcal (16.45%), Fat: 9.83g (15.13%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 53.8g (17.93%), Net Carbohydrates: 51.91g (18.88%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 694.52mg (30.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Manganese: 0.79mg (39.44%), Vitamin K: 22.79µg (21.71%), Vitamin C: 11.36mg (13.76%), Selenium: 9.5µg (13.57%), Vitamin A: 631.04IU (12.62%), Phosphorus: 102.12mg (10.21%), Copper: 0.2mg (10.12%), Vitamin B6: 0.19mg (9.41%), Vitamin B3: 1.86mg (9.29%), Potassium: 293.08mg (8.37%), Vitamin E: 1.22mg (8.14%), Fiber: 1.89g (7.56%), Vitamin B5: 0.71mg (7.1%), Magnesium: 25.23mg (6.31%), Zinc: 0.86mg (5.73%), Vitamin B1: 0.08mg (5.16%), Folate: 18.07µg (4.52%), Iron: 0.81mg (4.5%), Vitamin B2: 0.06mg (3.36%), Calcium: 30.48mg (3.05%)