

Spanish Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 3 cups chicken stock see (or vegetable stock if vegetarian)
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil (can use up to)
- ☐ 1 onion chopped fine
- ☐ 1 pinch oregano
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon tomato paste fresh diced cooked

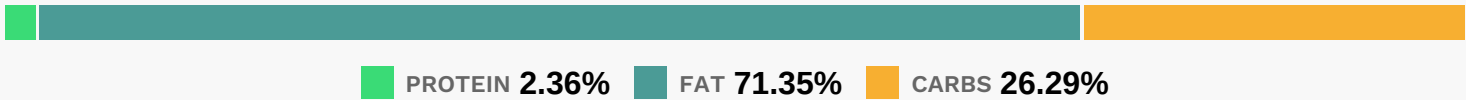
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large skillet brown rice in olive oil, medium/high heat.
- ☐ Add onion and garlic. Cook onion rice mixture, stirring frequently, about 4 minutes, or until onions are softened. 2 In a separate sauce pan bring stock to a simmer.
- ☐ Add tomato sauce, oregano, and salt.
- ☐ Add rice to broth. Bring to a simmer. Cover. Lower heat and cook 15–25 minutes, depending on the type of rice and the instructions on the rice package. Turn off heat and let sit for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:2.0873913194822%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 86.16kcal (4.31%), Fat: 7.05g (10.85%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.19g (1.89%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 1319.34mg (57.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin A: 437.46IU (8.75%), Vitamin E: 1.19mg (7.94%), Vitamin K: 4.95µg (4.71%), Vitamin C: 3.15mg (3.81%), Manganese: 0.06mg (3.14%), Fiber: 0.66g (2.63%), Vitamin B6: 0.05mg (2.56%), Potassium: 84.22mg (2.41%), Folate: 5.79µg (1.45%), Copper: 0.03mg (1.41%), Iron: 0.24mg (1.35%), Phosphorus: 12.48mg (1.25%), Magnesium: 4.7mg (1.18%), Vitamin B1: 0.02mg (1.11%)