



Tijuana Kitchen Rice

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black
- 3 tablespoons canola oil
- 3 green onions diced
- 1 teaspoon ground cumin
- 1 jalapeño chopped
- 2 cups chicken stock see low-sodium
- 2 teaspoons oregano dried
- 0.5 teaspoon paprika

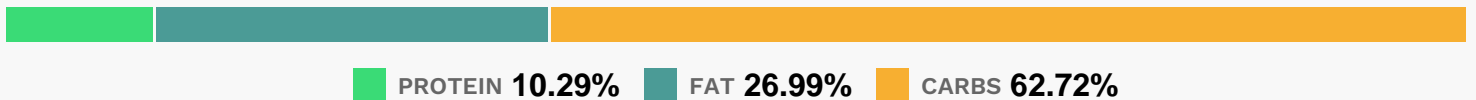
- 0.5 cup queso fresco crumbled (Mexican cheese)
- 1 onion diced red
- 2 cups rice long-grain
- 3 roma tomatoes diced
- 1 teaspoon sea salt
- 0.8 cup tomato sauce
- 0.8 cup water
- 3 ounces white wine

Equipment

Directions

- In a medium sauce add oil, jalapeno, onions and tomatoes.
- Saute until onions are translucent, then add rice and stir to combine.
- Saute rice for 3 minutes, deglaze with white wine, then add oregano, cumin, paprika, and black pepper.
- Add chicken stock, water and tomato sauce, boil for 1 minute. Then cover and simmer for 25 minutes. Do not lift lid.
- Season with salt, then top with green onions and queso fresco.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.4, Glycemic Load:23.35, Inflammation Score:-7, Nutrition Score:8.9052173359239%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 278.83kcal (13.94%), Fat: 8.15g (12.54%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 40.65g (14.78%), Sugar: 2.55g (2.83%), Cholesterol: 6.65mg (2.22%), Sodium: 466.86mg (20.3%), Alcohol: 1.1g (100%), Alcohol %: 0.64% (100%), Protein: 6.99g (13.99%), Manganese: 0.66mg (33.14%), Vitamin K: 19.81µg (18.87%), Phosphorus: 124.13mg (12.41%), Selenium: 8.34µg (11.92%), Vitamin E: 1.67mg (11.15%), Vitamin C: 8.76mg (10.62%), Vitamin B3: 2.05mg (10.23%), Copper: 0.2mg (9.87%), Vitamin A: 477.88IU (9.56%), Calcium: 87.1mg (8.71%), Vitamin B6: 0.17mg (8.44%), Potassium: 294.58mg (8.42%), Fiber: 1.97g (7.88%), Iron: 1.35mg (7.5%), Magnesium: 26.65mg (6.66%), Zinc: 0.96mg (6.38%), Vitamin B5: 0.62mg (6.2%), Vitamin B2: 0.1mg (5.74%), Folate: 17.55µg (4.39%), Vitamin B1: 0.06mg (4.08%), Vitamin B12: 0.15µg (2.42%)