



Yellow Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 recajo leaves chopped
- 1 cup tomatoes diced canned drained
- 0.3 cup annatto oil
- 3 chili peppers sweet seeded chopped
- 2 cloves garlic minced
- 1 medium bell pepper green seeded chopped
- 3 Tbsp manzanilla olives chopped
- 0.5 cup onions chopped

3 cups parboiled rice

4.5 cups water

Equipment

sauce pan

Directions

Combine green peppers, onions, chili peppers, recao leaves and garlic.

Heat oil in large saucepan on medium heat.

Add green pepper mixture along with the tomatoes and olives; stir. Cook 3 min., stirring occasionally.

Stir in rice and water. Bring to boil. Reduce heat to medium-low; cover. Simmer 20 min.

Nutrition Facts



PROTEIN 6.7% **FAT 21.88%** **CARBS 71.42%**

Properties

Glycemic Index:3.66, Glycemic Load:7.7, Inflammation Score:-1, Nutrition Score:1.867391301238%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 76.21kcal (3.81%), Fat: 1.83g (2.82%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 13.03g (4.74%), Sugar: 0.38g (0.43%), Cholesterol: 0mg (0%), Sodium: 23.08mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Manganese: 0.19mg (9.45%), Vitamin C: 3.61mg (4.38%), Selenium: 2.44µg (3.49%), Vitamin E: 0.38mg (2.56%), Copper: 0.05mg (2.46%), Vitamin B6: 0.05mg (2.34%), Phosphorus: 21.25mg (2.13%), Vitamin B5: 0.18mg (1.77%), Fiber: 0.41g (1.65%), Vitamin B3: 0.33mg (1.64%), Vitamin K: 1.68µg (1.6%), Magnesium: 5.76mg (1.44%), Zinc: 0.2mg (1.31%), Iron: 0.22mg (1.24%), Potassium: 42.25mg (1.21%), Vitamin B1: 0.02mg (1.18%)