



Yucatan Rice

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup seeded and chiles diced green canned
- 3.5 cups chicken stock see low-sodium
- 1 cup onions frozen thawed chopped
- 0.3 cup pimientos chopped
- 10 ounce saffron rice yellow (recommended: Mahatma)

Equipment

- sauce pan

Directions

- Combine all ingredients in a large saucepan. Cover and bring to a boil over medium-high heat. Reduce heat to a simmer. Cook for 20 to 25 minutes or until all liquid is absorbed.
- Fluff with a fork and serve.

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:23.43, Inflammation Score:-4, Nutrition Score:6.6265218050584%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 242.07kcal (12.1%), Fat: 4.99g (7.68%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 41.34g (15.03%), Sugar: 1.63g (1.82%), Cholesterol: 10.03mg (3.34%), Sodium: 99.09mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Manganese: 0.56mg (27.79%), Vitamin C: 12.27mg (14.88%), Vitamin B3: 2.77mg (13.86%), Phosphorus: 106.81mg (10.68%), Selenium: 7.35µg (10.5%), Copper: 0.19mg (9.47%), Vitamin B6: 0.15mg (7.57%), Vitamin A: 336.85IU (6.74%), Potassium: 234.77mg (6.71%), Fiber: 1.35g (5.4%), Iron: 0.97mg (5.37%), Vitamin B5: 0.52mg (5.23%), Zinc: 0.73mg (4.84%), Vitamin B2: 0.08mg (4.75%), Magnesium: 16.74mg (4.19%), Vitamin B1: 0.05mg (3.19%), Folate: 12.67µg (3.17%), Calcium: 28.63mg (2.86%), Vitamin B12: 0.15µg (2.43%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.3µg (1.23%)