

# Zippy Rice Pilaf

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 teaspoons butter
- 1 tablespoon cilantro leaves fresh minced
- 3 garlic clove minced
- 0.5 teaspoon ground cumin
- 2 jalapeno seeded chopped
- 1 cup rice long grain uncooked
- 1 small onion finely chopped
- 0.3 teaspoon salt

2 cups vegetable broth reduced-sodium

## Equipment

sauce pan

## Directions

In a saucepan, saute onion and garlic in butter until tender.

Add the rice and jalapenos; toss to coat. Stir in the broth, cumin and salt; bring to a boil. Reduce heat; cover and simmer for 20–25 minutes or until liquid is absorbed and rice is tender.

Add cilantro. Fluff with a fork; serve immediately.

## Nutrition Facts



**PROTEIN 8.34%** **FAT 10.74%** **CARBS 80.92%**

## Properties

Glycemic Index:39.53, Glycemic Load:15.28, Inflammation Score:-2, Nutrition Score:3.5095651637277%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

## Nutrients (% of daily need)

Calories: 138.39kcal (6.92%), Fat: 1.63g (2.51%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 26.5g (9.64%), Sugar: 1.08g (1.2%), Cholesterol: 3.58mg (1.19%), Sodium: 110.33mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Manganese: 0.39mg (19.31%), Vitamin C: 6.9mg (8.36%), Selenium: 4.97µg (7.1%), Vitamin B6: 0.1mg (5.18%), Fiber: 1.12g (4.47%), Phosphorus: 43.61mg (4.36%), Copper: 0.08mg (4.03%), Vitamin B5: 0.35mg (3.53%), Vitamin B3: 0.59mg (2.93%), Magnesium: 10.61mg (2.65%), Zinc: 0.39mg (2.6%), Iron: 0.42mg (2.34%), Vitamin B1: 0.03mg (2.2%), Potassium: 73.83mg (2.11%), Vitamin A: 98.94IU (1.98%), Vitamin E: 0.25mg (1.67%), Calcium: 16.65mg (1.66%), Folate: 6.1µg (1.52%), Vitamin B2: 0.02mg (1.43%), Vitamin K: 1.3µg (1.24%)