



## 10-Minute Cheesy Mexican Rice

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 14.5 oz chicken broth fat-free reduced-sodium canned
- 2 cups rice white instant uncooked
- 0.8 cup taco bellâ® & chunky salsa thick
- 4 oz velveetaâ cut into 1/2-inch cubes
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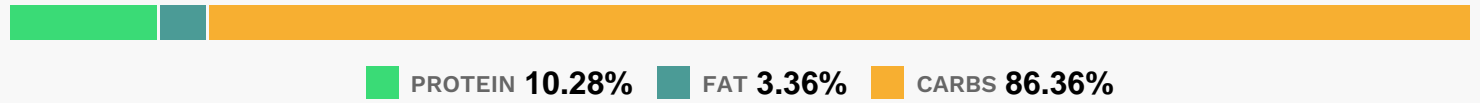
### Equipment

- sauce pan

## Directions

- Bring combined broth and salsa to boil in medium saucepan.
- Add rice and VELVEETA; stir. Cover.
- Remove from heat.
- Let stand 5 min.
- Stir until VELVEETA is completely melted and mixture is well blended.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.7234782913457%

## Nutrients (% of daily need)

Calories: 72.66kcal (3.63%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 14.85g (5.4%), Sugar: 0.81g (0.9%), Cholesterol: 0mg (0%), Sodium: 297.77mg (12.95%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Folate: 48.49µg (12.12%), Vitamin B1: 0.17mg (11.26%), Selenium: 7.48µg (10.68%), Manganese: 0.2mg (9.8%), Vitamin B3: 1.65mg (8.26%), Iron: 1.22mg (6.79%), Phosphorus: 31.06mg (3.11%), Vitamin B6: 0.06mg (3.05%), Fiber: 0.68g (2.71%), Copper: 0.05mg (2.55%), Zinc: 0.29mg (1.95%), Potassium: 67.29mg (1.92%), Vitamin A: 93.6IU (1.87%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.16mg (1.63%), Magnesium: 5.74mg (1.44%), Vitamin B12: 0.08µg (1.37%), Vitamin B2: 0.02mg (1.16%), Calcium: 10.89mg (1.09%)