



Ann's Dirty Rice

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

Ingredients

- 2 teaspoons beef bouillon granules
- 1 bell pepper green chopped
- 1 pound ground beef
- 0.5 teaspoon ground pepper black
- 1 bell pepper red chopped
- 0.5 teaspoon salt
- 0.5 teaspoon lawry's seasoned salt
- 2 cups water

1 cup rice white uncooked

1 onion yellow chopped

Equipment

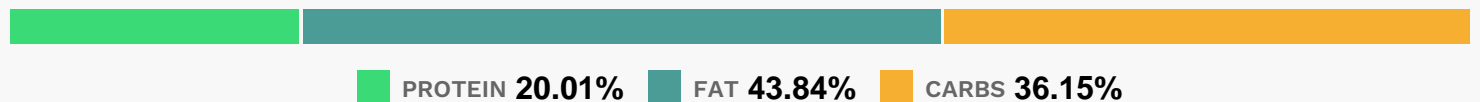
frying pan

Directions

Heat a large skillet over medium-high heat and stir in the ground beef, onion, green and red peppers, beef bullion, salt, seasoned salt, and pepper. Cook and stir until the beef is crumbly, evenly browned, and no longer pink.

Drain and discard any excess grease. Stir in the water and rice. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:23.32, Inflammation Score:-8, Nutrition Score:19.764348061188%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 483.86kcal (24.19%), Fat: 23.2g (35.69%), Saturated Fat: 8.85g (55.34%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 40.78g (14.83%), Sugar: 3.33g (3.7%), Cholesterol: 80.55mg (26.85%), Sodium: 908.81mg (39.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.64%), Vitamin C: 64.03mg (77.62%), Vitamin B12: 2.44µg (40.61%), Zinc: 5.42mg (36.15%), Selenium: 24.45µg (34.93%), Manganese: 0.66mg (32.84%), Vitamin B6: 0.63mg (31.55%), Vitamin B3: 6.04mg (30.18%), Phosphorus: 256.66mg (25.67%), Vitamin A: 1043.47IU (20.87%), Iron: 2.91mg (16.16%), Potassium: 521.82mg (14.91%), Vitamin B2: 0.23mg (13.79%), Vitamin B5: 1.2mg (12.02%), Copper: 0.23mg (11.45%), Magnesium: 42.26mg (10.57%), Fiber: 2.26g (9.05%), Vitamin B1: 0.13mg (8.61%), Folate: 33.89µg (8.47%), Vitamin E: 1.1mg (7.36%), Vitamin K: 6.27µg (5.97%), Calcium: 50.36mg (5.04%)