



Arroz con Queso y Pimentón (Green Pepper and Cheese Rice)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 cups mozzarella cheese grated
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper diced green
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion grated
- ☐ 2 cups rice long-grain

- ☐ 6 servings salt
- ☐ 3 cups water

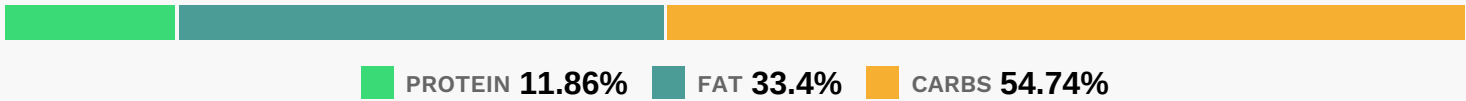
Equipment

- ☐ pot

Directions

- ☐ Heat the oil and butter in a medium pot over medium heat.
- ☐ Add onion, green pepper and garlic cook, stirring, until tender, about 5 minutes.
- ☐ Add the rice, salt and stir quickly until it is well-coated about 1 minute.
- ☐ Add the water and bring to a boil over high heat, reduce the heat to low, stir once, and simmer, covered tightly, for 20 minutes.
- ☐ Add the cheese.Turn off the heat and allow the rice to sit covered for 7 minutes. Fluff with a fork, and serve warm.

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:30.3, Inflammation Score:-5, Nutrition Score:10.480869567913%

Flavonoids

Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 389.49kcal (19.47%), Fat: 14.3g (22%), Saturated Fat: 7.08g (44.23%), Carbohydrates: 52.72g (17.57%), Net Carbohydrates: 51.25g (18.64%), Sugar: 1.34g (1.49%), Cholesterol: 33.27mg (11.09%), Sodium: 404.04mg (17.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.85%), Manganese: 0.74mg (36.92%), Vitamin C: 21.26mg (25.78%), Selenium: 17.54µg (25.06%), Calcium: 228.61mg (22.86%), Phosphorus: 211.23mg (21.12%), Zinc: 1.79mg (11.93%), Vitamin B6: 0.2mg (10.24%), Vitamin B2: 0.17mg (9.84%), Copper: 0.19mg (9.43%), Vitamin A: 433.61IU (8.67%), Vitamin B5: 0.79mg (7.91%), Magnesium: 28.35mg (7.09%), Fiber: 1.47g (5.89%), Vitamin B3: 1.14mg (5.72%), Vitamin E: 0.77mg (5.1%), Vitamin B12: 0.3µg (5.06%), Vitamin B1: 0.07mg (4.92%), Potassium:

160.23mg (4.58%), Vitamin K: 4.22µg (4.01%), Folate: 15.98µg (4%), Iron: 0.68mg (3.8%), Vitamin D: 0.17µg (1.13%)