



## Basic Spanish Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

### Ingredients

- 2 tablespoons vegetable oil
- 1 medium onion finely chopped
- 1 cup rice long-grain white uncooked
- 1 small bell pepper green chopped
- 2.5 cups water
- 1 teaspoon salt
- 0.8 teaspoon chili powder
- 0.1 teaspoon garlic powder

8 ounces tomato sauce canned

## Equipment

frying pan

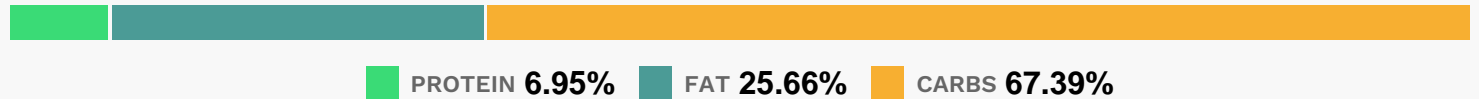
## Directions

In 10-inch skillet, heat oil over medium heat 1 to 2 minutes. Cook onion and uncooked rice in the oil about 5 minutes, stirring frequently, until rice is golden brown.

Remove skillet from heat. Stir in bell pepper, water, salt, chili powder, garlic powder and tomato sauce.

Heat to boiling over high heat, stirring occasionally. Reduce heat to low; cover and cook about 25 minutes, stirring occasionally, until rice is tender and tomato sauce is absorbed.

## Nutrition Facts



## Properties

Glycemic Index:37.05, Glycemic Load:23.85, Inflammation Score:-5, Nutrition Score:8.6573912993721%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

## Nutrients (% of daily need)

Calories: 258.6kcal (12.93%), Fat: 7.39g (11.37%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 41.3g (15.02%), Sugar: 3.71g (4.13%), Cholesterol: 0mg (0%), Sodium: 867.69mg (37.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Manganese: 0.63mg (31.54%), Vitamin C: 20.88mg (25.31%), Vitamin K: 16.01µg (15.25%), Vitamin E: 1.64mg (10.94%), Copper: 0.22mg (10.91%), Selenium: 7.56µg (10.8%), Vitamin B6: 0.22mg (10.76%), Fiber: 2.37g (9.49%), Potassium: 302.66mg (8.65%), Vitamin A: 425.69IU (8.51%), Phosphorus: 81.68mg (8.17%), Vitamin B3: 1.47mg (7.33%), Vitamin B5: 0.7mg (7%), Magnesium: 26.79mg (6.7%), Iron: 1.11mg (6.17%), Zinc: 0.73mg (4.9%), Vitamin B1: 0.07mg (4.7%), Vitamin B2: 0.08mg (4.46%), Folate: 16.03µg (4.01%), Calcium: 35.17mg (3.52%)