



## BBQ Beef Bowl

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup original barbecue sauce kraft
- 14 oz canned tomatoes diced undrained canned
- 3 cups rice long-grain white hot cooked
- 1 cup regular corn frozen
- 1 bell pepper green chopped
- 0.5 cup green onions sliced
- 1 lb ground beef lean
- 1 small onion yellow chopped

4 oz velveeta cut into 4 slices ()

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## Equipment

bowl

frying pan

## Directions

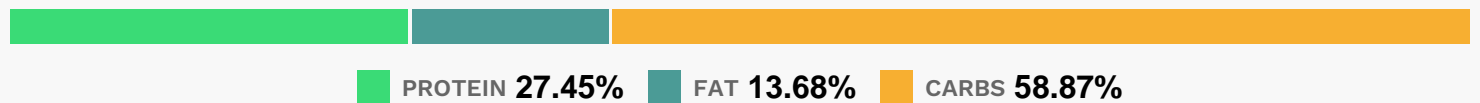
Cook meat with peppers and yellow onions in large skillet on medium-high heat 5 min. or until meat is browned, stirring occasionally.

Add tomatoes, corn and barbecue sauce; mix well. Reduce heat to medium; simmer 15 min., stirring occasionally.

Spoon rice evenly into four soup bowls; top with the meat mixture and VELVEETA.

Sprinkle evenly with green onions.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:36.51, Inflammation Score:-7, Nutrition Score:24.570869601291%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

## Nutrients (% of daily need)

Calories: 445.14kcal (22.26%), Fat: 6.77g (10.41%), Saturated Fat: 2.75g (17.22%), Carbohydrates: 65.56g (21.85%), Net Carbohydrates: 61.49g (22.36%), Sugar: 16.04g (17.82%), Cholesterol: 70.31mg (23.44%), Sodium: 591.8mg (25.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.56g (61.13%), Vitamin C: 39.98mg (48.46%), Zinc: 6.96mg (46.39%), Vitamin B6: 0.86mg (43.04%), Vitamin B3: 8.55mg (42.73%), Selenium: 29.68µg (42.39%), Vitamin B12: 2.54µg (42.34%), Manganese: 0.84mg (41.81%), Phosphorus: 353.02mg (35.3%), Vitamin K: 32.01µg (30.48%), Potassium: 936.7mg (26.76%), Iron: 4.73mg (26.28%), Vitamin B2: 0.33mg (19.52%), Magnesium: 75.15mg

(18.79%), Fiber: 4.07g (16.28%), Copper: 0.32mg (16.06%), Vitamin B5: 1.55mg (15.47%), Vitamin B1: 0.2mg (13.16%), Folate: 48.68 $\mu$ g (12.17%), Vitamin E: 1.51mg (10.05%), Vitamin A: 432.87IU (8.66%), Calcium: 82.26mg (8.23%)