



Beef and Rice

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef
- 6.9 ounce chicken rice mix flavored roni® (such as Rice A)
- 2 cups water

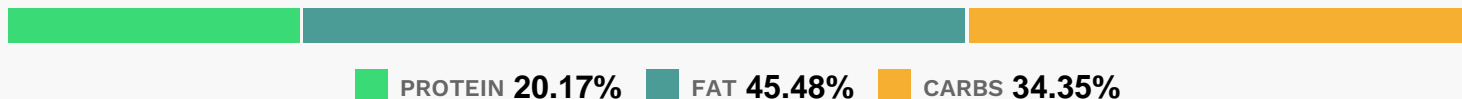
Equipment

- frying pan

Directions

- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Stir rice portion of packaged rice mix into beef; cook and stir until rice is lightly browned, about 5 minutes.
- Pour water into beef and rice, stir seasoning packet from rice into mixture, and cover skillet. Bring to a boil, reduce heat to low, and simmer until the liquid has been almost completely absorbed, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:23.53, Inflammation Score:-1, Nutrition Score:12.916521652885%

Nutrients (% of daily need)

Calories: 466.53kcal (23.33%), Fat: 23g (35.39%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 38.46g (13.99%), Sugar: 0.06g (0.07%), Cholesterol: 80.51mg (26.84%), Sodium: 84.34mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.96g (45.91%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.28mg (35.23%), Selenium: 24.39µg (34.85%), Vitamin B3: 5.58mg (27.88%), Manganese: 0.54mg (27.17%), Phosphorus: 235.41mg (23.54%), Vitamin B6: 0.45mg (22.32%), Iron: 2.59mg (14.4%), Vitamin B2: 0.19mg (11.28%), Vitamin B5: 1.07mg (10.65%), Potassium: 362.41mg (10.35%), Copper: 0.2mg (9.78%), Magnesium: 32.69mg (8.17%), Vitamin B1: 0.08mg (5.53%), Calcium: 37.65mg (3.77%), Vitamin E: 0.52mg (3.46%), Folate: 11.85µg (2.96%), Fiber: 0.64g (2.54%), Vitamin K: 2.09µg (1.99%)