



Beef and Rice Medley

 **Gluten Free**

READY IN



55 min.

SERVINGS



4

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cube beef bouillon from cube
- 14.5 ounce canned tomatoes diced canned
- 1 cup bell pepper diced green
- 1 pound ground beef
- 0.5 teaspoon ground pepper black
- 8 ounce mozzarella cheese
- 0.5 cup onion diced
- 1 cup rice uncooked

2.5 cups water

Equipment

frying pan

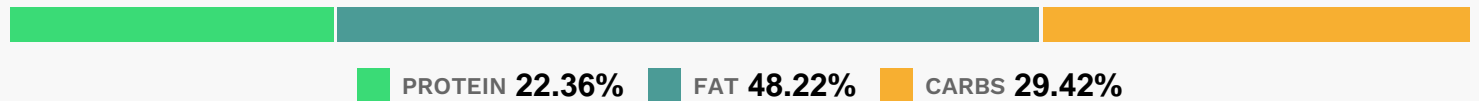
Directions

Place ground beef and onion in a large, deep skillet. Cook over medium high heat until evenly brown.

Drain excess fat. Stir in water and rice. Season with beef bouillon and black pepper. Simmer 25 to 30 minutes, or until water is absorbed. Stir in diced tomatoes and green peppers. Simmer another 10 minutes, until green pepper is tender.

Sprinkle top with cheese.

Nutrition Facts



Properties

Glycemic Index:48.8, Glycemic Load:25.25, Inflammation Score:-7, Nutrition Score:26.593913016112%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 675.97kcal (33.8%), Fat: 36.04g (55.44%), Saturated Fat: 16.32g (101.98%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 45.88g (16.68%), Sugar: 6.9g (7.67%), Cholesterol: 125.3mg (41.77%), Sodium: 582.53mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.6g (75.2%), Vitamin B12: 3.72µg (62%), Vitamin C: 40.88mg (49.56%), Selenium: 34.37µg (49.1%), Zinc: 7.28mg (48.52%), Phosphorus: 479.73mg (47.97%), Manganese: 0.82mg (41.14%), Calcium: 368.56mg (36.86%), Vitamin B6: 0.73mg (36.28%), Vitamin B3: 7.06mg (35.3%), Vitamin B2: 0.42mg (24.76%), Iron: 4.35mg (24.17%), Potassium: 801.81mg (22.91%), Copper: 0.42mg (21.23%), Magnesium: 70.38mg (17.6%), Vitamin A: 743.83IU (14.88%), Vitamin B5: 1.47mg (14.69%), Fiber: 3.59g (14.36%), Vitamin B1: 0.21mg (13.73%), Vitamin E: 2.05mg (13.68%), Vitamin K: 12.08µg (11.51%), Folate: 36.55µg (9.14%), Vitamin D: 0.34µg (2.27%)