

# Beefy Spanish Rice

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**408 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup regular corn canned
- 6 ounce tomato sauce canned
- 6 servings garlic powder to taste
- 0.5 cup bell pepper green chopped
- 1 pound ground beef
- 0.5 cup catsup
- 0.5 cup onion chopped
- 1 cup converted rice white uncooked

- 6 servings salt and pepper to taste
- 2 tablespoons vegetable oil
- 1 cup water

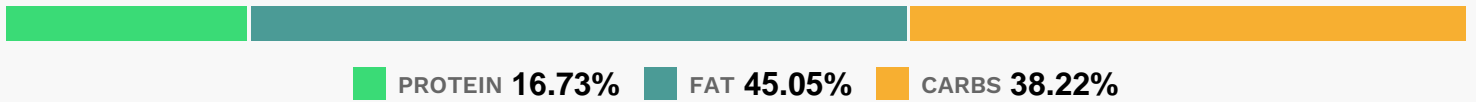
## Equipment

- sauce pan

## Directions

- In a large saucepan over medium heat, heat the oil.
- Add the rice, onion and bell pepper and saute for 5 minutes, or until onions are tender.
- Add the ground beef and saute until browned.
- Drain excess oil and fat.
- Add the corn, tomato sauce, ketchup and water. Reduce heat to low, cover and simmer for 20 minutes or until rice is cooked, stirring occasionally. Season with salt, pepper and garlic powder to taste.

## Nutrition Facts



## Properties

Glycemic Index:24.7, Glycemic Load:15.73, Inflammation Score:-4, Nutrition Score:12.957391137662%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

## Nutrients (% of daily need)

Calories: 407.89kcal (20.39%), Fat: 20.38g (31.35%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 38.9g (12.96%), Net Carbohydrates: 37.3g (13.56%), Sugar: 6.24g (6.94%), Cholesterol: 53.68mg (17.89%), Sodium: 607.19mg (26.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.04%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.8mg (25.3%), Selenium: 17.09µg (24.41%), Manganese: 0.47mg (23.47%), Vitamin B3: 4.55mg (22.75%), Vitamin B6: 0.45mg (22.38%), Phosphorus: 196.78mg (19.68%), Vitamin C: 14.24mg (17.25%), Potassium: 486mg (13.89%), Iron: 2.35mg (13.07%), Vitamin K: 12.11µg (11.53%), Vitamin B2: 0.19mg (11.39%), Copper: 0.21mg (10.36%), Vitamin E:

1.48mg (9.89%), Magnesium: 35.45mg (8.86%), Vitamin B5: 0.84mg (8.4%), Fiber: 1.59g (6.38%), Vitamin B1:  
0.09mg (6.21%), Folate: 24.55µg (6.14%), Vitamin A: 271.56IU (5.43%), Calcium: 37.69mg (3.77%)