



 **100%**  
HEALTH SCORE

## Burger Skillet

 **Gluten Free**  **Very Healthy**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**809 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 Tbsp chili powder
- 16 oz hamburger patties frozen
- 2 cups rice white instant uncooked
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 24 oz classico family favorites pasta sauce traditional
- 2 cups pepper strips green red yellow
- 0.5 cup water

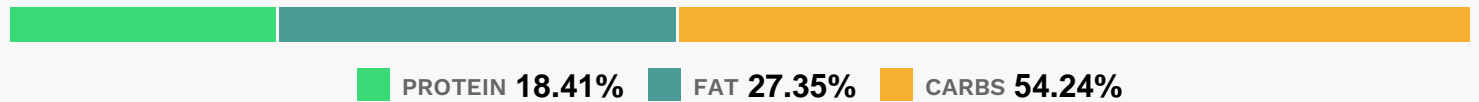
## Equipment

frying pan

## Directions

- Cook hamburger patties in large nonstick skillet on medium heat 10 min. Turn hamburger patties; add peppers. Cook until hamburger patties are cooked through and peppers are crisp-tender, stirring peppers occasionally.
- Add pasta sauce, water and chili powder. Bring to boil.
- Stir in rice; cover. Reduce heat to low. Simmer 5 min.
- Sprinkle with cheese; cover.
- Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:17.55, Inflammation Score:-10, Nutrition Score:54.812173908171%

## Nutrients (% of daily need)

Calories: 809.23kcal (40.46%), Fat: 27.31g (42.01%), Saturated Fat: 11.84g (74.03%), Carbohydrates: 121.85g (40.62%), Net Carbohydrates: 87.86g (31.95%), Sugar: 7.29g (8.1%), Cholesterol: 78.02mg (26.01%), Sodium: 1125.73mg (48.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.35g (82.69%), Manganese: 15.75mg (787.38%), Vitamin K: 201.01µg (191.44%), Fiber: 33.99g (135.97%), Iron: 18.42mg (102.36%), Copper: 1.96mg (97.98%), Calcium: 791.7mg (79.17%), Potassium: 2456.49mg (70.19%), Magnesium: 263.94mg (65.99%), Selenium: 44.04µg (62.91%), Phosphorus: 583.64mg (58.36%), Vitamin B3: 10.67mg (53.36%), Zinc: 7.93mg (52.87%), Vitamin B6: 0.87mg (43.38%), Vitamin B12: 2.55µg (42.57%), Vitamin A: 2111.27IU (42.23%), Vitamin B1: 0.63mg (41.7%), Folate: 163.55µg (40.89%), Vitamin B2: 0.62mg (36.51%), Vitamin E: 4.5mg (29.99%), Vitamin B5: 2.76mg (27.57%), Vitamin C: 11.92mg (14.45%)