



## Cheesy Rice 'n Tomatoes

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



266 kcal

SIDE DISH

### Ingredients

- 1 oz philadelphia cream cheese ( )
- 1.3 cups chicken broth fat-free reduced-sodium
- 1 Tbsp parsley fresh chopped
- 1 cup rice white instant uncooked
- 1 Tbsp 1 tbsp. kraft zesty italian dressing italian kraft
- 2 Tbsp onions chopped
- 2 Tbsp parmesan cheese shredded kraft
- 1 plum tomatoes chopped

# Equipment

sauce pan

# Directions

- Heat dressing in small saucepan on medium heat.
- Add onions; cook and stir 3 min. or until tender.
- Stir in rice, broth and tomatoes. Bring to boil. Reduce heat to low; simmer 3 min.
- Add cheeses and parsley; stir until blended.
- Remove from heat.
- Let stand, covered, 5 min. before serving.

# Nutrition Facts



# Properties

Glycemic Index:75.5, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:12.679999959858%

# Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

# Nutrients (% of daily need)

Calories: 266.19kcal (13.31%), Fat: 8.45g (13%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 38.27g (13.92%), Sugar: 2.86g (3.17%), Cholesterol: 17.72mg (5.91%), Sodium: 785.18mg (34.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.51%), Vitamin K: 38.19µg (36.37%), Folate: 130.73µg (32.68%), Selenium: 21.66µg (30.94%), Vitamin B1: 0.43mg (28.83%), Manganese: 0.5mg (24.76%), Vitamin B3: 4.06mg (20.3%), Iron: 3.21mg (17.81%), Vitamin A: 650.55IU (13.01%), Phosphorus: 128.76mg (12.88%), Calcium: 97.06mg (9.71%), Vitamin C: 7.54mg (9.14%), Copper: 0.13mg (6.68%), Vitamin B6: 0.13mg (6.4%), Zinc: 0.95mg (6.31%), Vitamin B12: 0.37µg (6.25%), Vitamin B2: 0.1mg (5.97%), Fiber: 1.42g (5.69%), Potassium: 182.25mg (5.21%), Vitamin B5: 0.51mg (5.07%), Magnesium: 16.64mg (4.16%), Vitamin E: 0.49mg (3.3%)