



Cheesy Spinach-Rice Skillet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup evaporated milk fat-free
- ☐ 4 garlic cloves minced
- ☐ 2 jalapeño peppers
- ☐ 0.5 cup cream cheese light
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.8 teaspoon salt

- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup onion yellow chopped

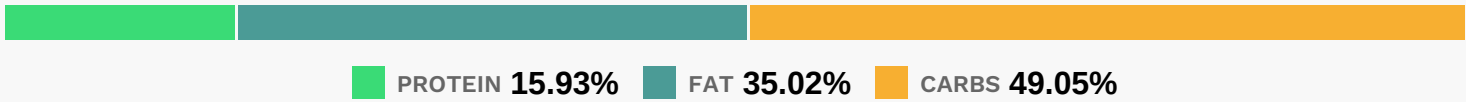
Equipment

- ☐ frying pan

Directions

- ☐ Remove and discard stems and seeds from jalapeo peppers; mince peppers, and set aside.
- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and garlic; saut 5 minutes or until golden.
- ☐ Add spinach, minced pepper, and milk; stir to blend thoroughly. Bring to a boil; add cream cheese, and stir until cheese melts.
- ☐ Remove from heat.
- ☐ Add rice, Cheddar cheese, artichokes, salt, and black pepper to spinach mixture; stir well.
- ☐ Place over medium heat; cover and cook 7 to 10 minutes, stirring twice, until mixture thickens slightly.

Nutrition Facts



Properties

Glycemic Index:52.3, Glycemic Load:23.59, Inflammation Score:-10, Nutrition Score:27.962608736494%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 476.97kcal (23.85%), Fat: 18.5g (28.46%), Saturated Fat: 10.02g (62.6%), Carbohydrates: 58.29g (19.43%), Net Carbohydrates: 53.15g (19.33%), Sugar: 11.44g (12.71%), Cholesterol: 55.73mg (18.58%), Sodium: 1173.02mg (51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.87%), Vitamin K: 268.59µg (255.8%), Vitamin A: 8916.75IU (178.34%), Manganese: 1.13mg (56.45%), Calcium: 479.55mg (47.95%), Phosphorus: 376.9mg (37.69%), Folate: 131.26µg (32.82%), Vitamin B2: 0.55mg (32.29%), Selenium: 20.56µg (29.37%), Magnesium: 93.9mg (23.47%), Vitamin C: 17.29mg (20.96%), Fiber: 5.14g (20.56%), Potassium: 668.48mg (19.1%), Vitamin E: 2.8mg (18.67%), Vitamin B6: 0.37mg (18.61%), Zinc: 2.45mg (16.35%), Vitamin B5: 1.37mg (13.69%), Copper: 0.26mg (12.97%), Vitamin B1: 0.17mg (11.6%), Iron: 2.08mg (11.54%), Vitamin B12: 0.6µg (10.04%), Vitamin B3: 1.43mg (7.14%), Vitamin D: 0.28µg (1.87%)