



Chili Rice

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

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons canola oil
- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons garlic minced
- ☐ 1 bell pepper green minced
- ☐ 3 tablespoons green onion sliced for garnish
- ☐ 0.8 pound ground beef

- ☐ 1 jalapeño minced seeded
- ☐ 8 ounces kidney beans
- ☐ 1 teaspoon paprika
- ☐ 1 bell pepper red minced
- ☐ 1 onion red minced
- ☐ 2 cups rice long-grain
- ☐ 1 cup roma tomatoes diced
- ☐ 1 tablespoon salt
- ☐ 1.5 cups water

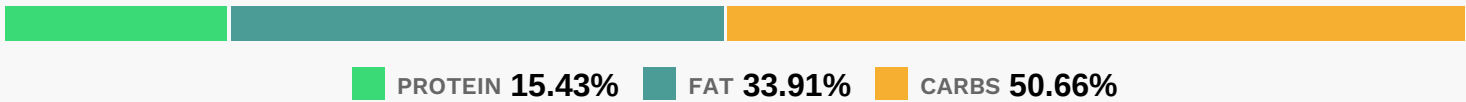
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In medium stock pot over medium heat, add oil, onions and peppers and saute until translucent.
- ☐ Add the garlic, tomatoes and ground beef. Cook until meat is browned.
- ☐ Add rice to mixture and cook over low heat for 3 minutes, coating rice with the oils from the pan.
- ☐ Add beans, chicken stock, water and seasonings, bring to a simmer, then cover and cook on low for 20 minutes.
- ☐ Fluff with fork and garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:32.96, Inflammation Score:-9, Nutrition Score:22.850869380909%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 542.49kcal (27.12%), Fat: 20.36g (31.32%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 68.42g (22.81%), Net Carbohydrates: 62.42g (22.7%), Sugar: 4.91g (5.45%), Cholesterol: 42.66mg (14.22%), Sodium: 1349.18mg (58.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Vitamin C: 52.88mg (64.1%), Manganese: 1.1mg (54.85%), Vitamin A: 1642.23IU (32.84%), Vitamin B6: 0.61mg (30.74%), Selenium: 20.86µg (29.8%), Vitamin B3: 5.67mg (28.33%), Phosphorus: 271.05mg (27.1%), Zinc: 3.86mg (25.75%), Fiber: 6g (24.01%), Vitamin K: 23.95µg (22.81%), Folate: 85.77µg (21.44%), Potassium: 720.14mg (20.58%), Vitamin B12: 1.21µg (20.22%), Iron: 3.61mg (20.05%), Copper: 0.39mg (19.69%), Vitamin E: 2.88mg (19.17%), Vitamin B2: 0.26mg (15.48%), Magnesium: 61.19mg (15.3%), Vitamin B1: 0.21mg (14.25%), Vitamin B5: 1.18mg (11.84%), Calcium: 68.39mg (6.84%)