



 **15%**
HEALTH SCORE

Corn Rice Medley

 **Gluten Free**

READY IN



25 min.

SERVINGS



2

CALORIES



295 kcal

SIDE DISH

Ingredients

- 1 cup chicken broth
- 0.5 cup rice long grain uncooked
- 0.3 cup bell pepper sweet red chopped
- 1 spring onion chopped
- 1 tablespoon olive oil
- 0.5 cup corn frozen thawed
- 1 tablespoon parmesan cheese grated

Equipment

frying pan

sauce pan

Directions

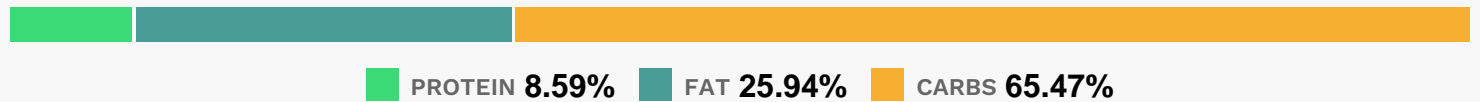
In a large saucepan, bring broth to a boil; add rice. Reduce heat; cover and simmer for 1–minutes.

Meanwhile, in a small skillet, saute the red pepper and green onion in oil until tender. Stir into rice.

Add the corn. Cover and cook for 5 minutes or until rice is tender.

Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:62.59, Glycemic Load:22.58, Inflammation Score:-6, Nutrition Score:10.083478233736%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 295.45kcal (14.77%), Fat: 8.64g (13.29%), Saturated Fat: 1.51g (9.47%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 46.76g (17%), Sugar: 1.48g (1.65%), Cholesterol: 4.53mg (1.51%), Sodium: 485.89mg (21.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Vitamin C: 27.94mg (33.86%), Manganese: 0.65mg (32.75%), Vitamin K: 17.64µg (16.8%), Vitamin A: 668.59IU (13.37%), Selenium: 8.71µg (12.45%), Phosphorus: 116.69mg (11.67%), Vitamin B6: 0.21mg (10.48%), Vitamin E: 1.45mg (9.64%), Vitamin B3: 1.91mg (9.53%), Vitamin B2: 0.16mg (9.27%), Fiber: 2.3g (9.21%), Folate: 32.76µg (8.19%), Vitamin B1: 0.11mg (7.57%), Magnesium: 30.25mg (7.56%), Copper: 0.15mg (7.48%), Potassium: 256.14mg (7.32%), Zinc: 1.05mg (7.02%), Vitamin B5: 0.67mg (6.72%), Iron: 0.95mg (5.29%), Calcium: 47.09mg (4.71%)