



Dee's Mexican Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 2 cups rice cooked
- ☐ 1 cup corn kernels pre-cooked
- ☐ 1 teaspoon garlic powder
- ☐ 1 bell pepper green chopped
- ☐ 3 green onions
- ☐ 0.5 teaspoon ground coriander seed
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 teaspoon ground turmeric
- ☐ 0.3 cup catsup
- ☐ 2 teaspoons paprika
- ☐ 1 pinch pepper flakes red
- ☐ 4 servings salt to taste
- ☐ 2 small tomatoes diced
- ☐ 1 tablespoon vegetable oil

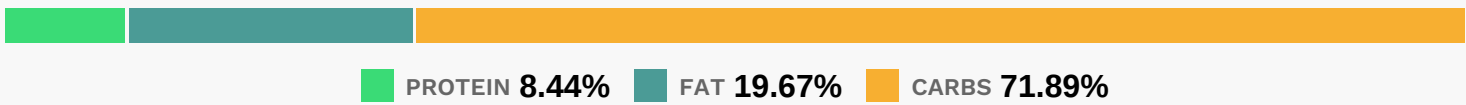
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat oil in a wok-style pan with turmeric, garlic powder, cumin, coriander, paprika, chili flakes, and cayenne pepper.
- ☐ Add the green onions and the green peppers; saute 1 to 2 minutes over medium-high heat.
- ☐ Add corn and tomatoes and saute until tomatoes release their juices.
- ☐ Add ketchup and stir until mixed.
- ☐ Add rice and stir until heated thoroughly. Salt to taste.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:24.67, Inflammation Score:-10, Nutrition Score:11.076956603838%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 201.3kcal (10.07%), Fat: 4.59g (7.06%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 34.59g (12.58%), Sugar: 7.32g (8.14%), Cholesterol: 0mg (0%), Sodium: 421.53mg (18.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.85%), Vitamin C: 33.35mg (40.43%), Manganese: 0.61mg (30.7%), Vitamin K: 32.06µg (30.53%), Vitamin A: 1187.75IU (23.75%), Vitamin B6: 0.27mg (13.3%), Fiber: 3.14g (12.54%), Potassium: 361.7mg (10.33%), Selenium: 6.68µg (9.54%), Folate: 35.55µg (8.89%), Vitamin E: 1.31mg (8.72%), Phosphorus: 86.93mg (8.69%), Magnesium: 31.68mg (7.92%), Vitamin B3: 1.55mg (7.77%), Copper: 0.15mg (7.7%), Iron: 1.35mg (7.53%), Vitamin B2: 0.11mg (6.61%), Vitamin B5: 0.57mg (5.68%), Vitamin B1: 0.08mg (5.4%), Zinc: 0.81mg (5.39%), Calcium: 33.52mg (3.35%)