



Easy Spanish Rice (lighter)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- 8 ounces tomato sauce canned
- 0.8 teaspoon chili powder
- 0.1 teaspoon garlic powder
- 0.5 cup bell pepper green chopped
- 0.5 cup onion chopped
- 1 cup rice long-grain uncooked
- 1.5 teaspoons salt
- 2.5 cups water

Equipment

frying pan

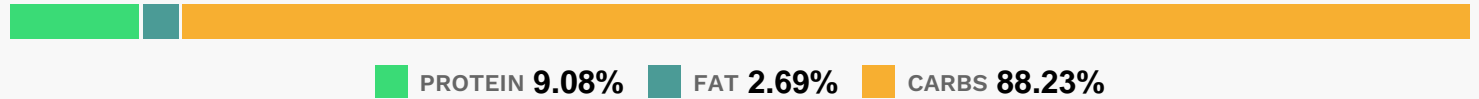
Directions

Spray 10-inch nonstick skillet with cooking spray. Cook rice and onion in skillet over medium heat about 3 minutes, stirring frequently, until rice is golden brown and onion is tender.

Stir in remaining ingredients.

Heat to boiling; reduce heat. Cover and simmer about 30 minutes, stirring occasionally, until rice is tender.

Nutrition Facts



Properties

Glycemic Index:24.7, Glycemic Load:15.8, Inflammation Score:-4, Nutrition Score:5.2034782845041%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 130.34kcal (6.52%), Fat: 0.39g (0.6%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 27.15g (9.87%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 772.05mg (33.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Manganese: 0.41mg (20.73%), Vitamin C: 13.62mg (16.51%), Copper: 0.14mg (7.19%), Selenium: 5.02µg (7.17%), Vitamin B6: 0.14mg (6.88%), Fiber: 1.5g (5.99%), Vitamin A: 284IU (5.68%), Potassium: 194.66mg (5.56%), Phosphorus: 53.02mg (5.3%), Vitamin B3: 0.97mg (4.86%), Vitamin E: 0.72mg (4.82%), Vitamin B5: 0.46mg (4.61%), Magnesium: 17.37mg (4.34%), Iron: 0.73mg (4.06%), Zinc: 0.48mg (3.21%), Vitamin B1: 0.04mg (2.98%), Vitamin B2: 0.05mg (2.89%), Folate: 9.74µg (2.44%), Calcium: 22.43mg (2.24%), Vitamin K: 2.33µg (2.22%)