



# Ham And Rice Medley

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

READY IN



20 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups finely-chopped ham julienned fully cooked
- 3 cups rice cooked
- 3 cups rice cooked
- 3 cups rice cooked
- 1 medium bell pepper green chopped
- 1 medium bell pepper sweet red chopped
- 15 ounces corn whole drained canned

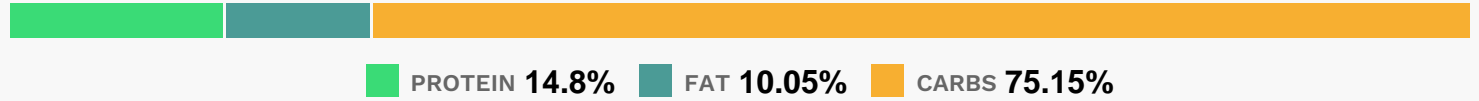
## Equipment

frying pan

## Directions

In a large skillet coated with cooking spray, saute ham and peppers until peppers are tender. Stir in rice and corn. Cook and stir 8–10 minutes longer or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:92.25, Glycemic Load:108.07, Inflammation Score:-8, Nutrition Score:23.852608784385%

## Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 638.69kcal (31.93%), Fat: 6.96g (10.71%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 117.16g (39.05%), Net Carbohydrates: 114.61g (41.68%), Sugar: 2.14g (2.38%), Cholesterol: 41.24mg (13.75%), Sodium: 831.5mg (36.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.15%), Vitamin C: 76.97mg (93.3%), Manganese: 1.83mg (91.68%), Selenium: 37.88µg (54.11%), Phosphorus: 375.12mg (37.51%), Vitamin B6: 0.63mg (31.42%), Vitamin B1: 0.42mg (27.97%), Vitamin B3: 4.69mg (23.46%), Zinc: 3.41mg (22.75%), Vitamin A: 1041.55IU (20.83%), Vitamin B5: 2mg (20.03%), Copper: 0.37mg (18.37%), Magnesium: 72.76mg (18.19%), Folate: 59.85µg (14.96%), Potassium: 521.35mg (14.9%), Vitamin B2: 0.23mg (13.54%), Vitamin B12: 0.8µg (13.28%), Fiber: 2.55g (10.21%), Iron: 1.65mg (9.19%), Vitamin E: 0.72mg (4.82%), Calcium: 46.12mg (4.61%), Vitamin K: 3.66µg (3.48%)