



## Hamburger-Rice Skillet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 avocado sliced
- 2.3 ounce olives black drained sliced canned
- 1 small bell pepper green chopped
- 3 green onions chopped
- 1 pound ground beef
- 2 cups lettuce chopped
- 1 small onion chopped
- 1 cup rice long-grain uncooked

- 6 servings salsa
- 0.5 teaspoon salt
- 4 ounces mexican cheese blend
- 1.3 ounce mild taco seasoning mix
- 1 tomatoes chopped
- 10 ounce mild tomato and chiles diced green canned
- 6 servings tortilla chips
- 1.5 cups water

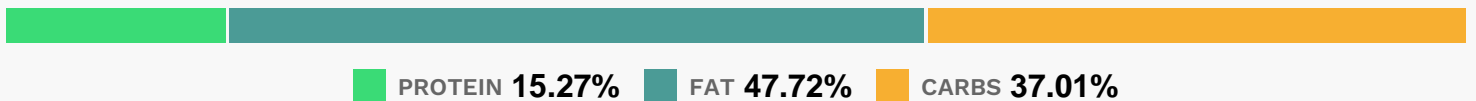
## Equipment

- frying pan

## Directions

- Cook first 3 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain.
- Stir in tomato and green chiles and next 4 ingredients. Cook, covered, over medium heat 15 minutes, stirring occasionally. Uncover and cook 15 more minutes; remove from heat.
- Sprinkle lettuce and next 5 ingredients over hamburger mixture. Stand tortilla chips around edge of skillet; serve with chips and salsa.

## Nutrition Facts



## Properties

Glycemic Index:46.36, Glycemic Load:16.28, Inflammation Score:-9, Nutrition Score:23.518260950628%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.58mg,

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

## **Nutrients (% of daily need)**

Calories: 618.39kcal (30.92%), Fat: 33.33g (51.28%), Saturated Fat: 10.83g (67.68%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 50.3g (18.29%), Sugar: 6.28g (6.98%), Cholesterol: 71.63mg (23.88%), Sodium: 1317.7mg (57.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (48.01%), Vitamin K: 40.76µg (38.82%), Phosphorus: 357.9mg (35.79%), Vitamin C: 28.48mg (34.52%), Vitamin A: 1714.25IU (34.29%), Zinc: 4.95mg (33.01%), Fiber: 7.86g (31.44%), Vitamin B12: 1.85µg (30.84%), Vitamin B6: 0.61mg (30.58%), Selenium: 20.7µg (29.57%), Manganese: 0.58mg (28.92%), Vitamin B3: 5.45mg (27.24%), Potassium: 805.72mg (23.02%), Vitamin E: 3.36mg (22.39%), Calcium: 216.2mg (21.62%), Magnesium: 77.82mg (19.45%), Iron: 3.46mg (19.21%), Vitamin B5: 1.72mg (17.17%), Vitamin B2: 0.29mg (17.15%), Folate: 66.72µg (16.68%), Copper: 0.32mg (15.81%), Vitamin B1: 0.18mg (12.27%), Vitamin D: 0.17µg (1.13%)