



Hearty Spanish Rice Bake

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce olives black sliced to taste canned
- 1 teaspoon brown sugar
- 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®) canned
- 0.3 teaspoon cayenne pepper
- 0.5 cup chile sauce
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.3 cup bell pepper green chopped

- 0.5 teaspoon ground cumin
- 1 pinch ground pepper black
- 2 tablespoons jalapeño peppers sliced to taste
- 1 pound ground beef lean
- 0.5 cup onion finely chopped
- 1 teaspoon salt
- 2 cups cheddar cheese shredded divided
- 1 cup water
- 0.8 cup rice long-grain white
- 0.5 teaspoon worcestershire sauce

Equipment

- frying pan
- oven
- pot
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Heat a large skillet over medium-high heat. Cook and stir beef, onion, and green bell pepper in the hot skillet until beef is browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Stir beef mixture, diced tomatoes with green chile peppers, water, rice, chile sauce, olives, jalapeno peppers, garlic, salt, brown sugar, ground cumin, Worcestershire sauce, cayenne pepper, and black pepper together in a large pot over medium-low heat.
- Bring beef-rice mixture to a simmer, stirring occasionally, until flavors blend, about 30 minutes. Stir in 1 cup Cheddar cheese.
- Transfer mixture to a 2 1/2 quart casserole dish and press down firmly. Top with remaining 1 cup Cheddar cheese.
- Bake in the preheated oven until cheese is melted and bubbling, 10 to 15 minutes. Top with chopped cilantro.

Nutrition Facts

PROTEIN 26.5% FAT 43.32% CARBS 30.18%

Properties

Glycemic Index:48.03, Glycemic Load:11.84, Inflammation Score:-6, Nutrition Score:16.623043547506%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 418.08kcal (20.9%), Fat: 19.73g (30.36%), Saturated Fat: 9.38g (58.62%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 27.1g (9.85%), Sugar: 6.89g (7.65%), Cholesterol: 84.54mg (28.18%), Sodium: 2115.84mg (91.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.32%), Selenium: 27.73µg (39.62%), Zinc: 5.56mg (37.04%), Phosphorus: 358.98mg (35.9%), Vitamin B12: 2.09µg (34.88%), Calcium: 299.86mg (29.99%), Vitamin B3: 4.72mg (23.62%), Vitamin C: 18.07mg (21.9%), Vitamin B6: 0.43mg (21.63%), Vitamin B2: 0.31mg (18.39%), Manganese: 0.32mg (16.03%), Fiber: 3.82g (15.29%), Iron: 2.37mg (13.17%), Vitamin A: 575.2IU (11.5%), Potassium: 382.39mg (10.93%), Vitamin E: 1.48mg (9.86%), Magnesium: 38.95mg (9.74%), Vitamin B5: 0.93mg (9.26%), Copper: 0.17mg (8.45%), Vitamin B1: 0.08mg (5.17%), Folate: 18.88µg (4.72%), Vitamin K: 3.39µg (3.23%), Vitamin D: 0.3µg (2.01%)