



Italian Beef and Rice Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon cut into 1-inch pieces
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 0.5 cup bell pepper chopped (any color)
- 2 cloves garlic finely chopped
- 0.5 teaspoon salt
- 2 cups water
- 14.5 oz tomatoes diced undrained canned

- 2.3 oz olives ripe drained sliced canned
- 1.5 teaspoons seasoning italian
- 2 cups rice white instant uncooked
- 4 oz mozzarella cheese shredded

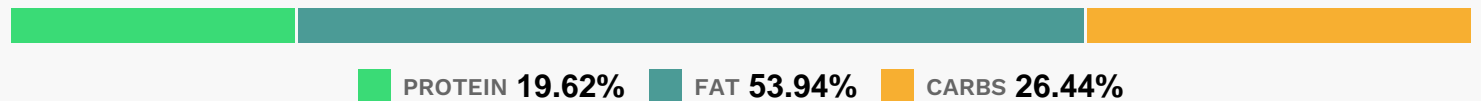
Equipment

- frying pan

Directions

- In 12-inch skillet, cook bacon over medium-high heat until almost crisp.
- Add beef, onion, bell pepper, garlic and salt; cook 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain.
- Stir in water, tomatoes, olives and Italian seasoning; heat to boiling. Stir in rice. Reduce heat to medium; cover and simmer about 5 minutes or until rice is tender.
- Sprinkle with cheese; cover and let stand until melted.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:18.4778260718222%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 457.25kcal (22.86%), Fat: 27.23g (41.89%), Saturated Fat: 10.53g (65.81%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 27.72g (10.08%), Sugar: 3.01g (3.35%), Cholesterol: 78.29mg (26.1%), Sodium: 731.99mg (31.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.57%), Selenium: 28.57µg (40.82%), Vitamin B12: 2.12µg (35.37%), Vitamin B3: 6.49mg (32.47%), Zinc: 4.48mg (29.88%), Vitamin C: 23.58mg

(28.58%), Phosphorus: 264.1mg (26.41%), Vitamin B1: 0.39mg (26.19%), Folate: 100.71µg (25.18%), Iron: 4.42mg (24.54%), Vitamin B6: 0.47mg (23.71%), Manganese: 0.42mg (21.16%), Calcium: 159.07mg (15.91%), Vitamin B2: 0.24mg (14.21%), Vitamin A: 652.75IU (13.06%), Potassium: 444.54mg (12.7%), Vitamin E: 1.58mg (10.55%), Copper: 0.19mg (9.57%), Fiber: 2.3g (9.21%), Magnesium: 36.33mg (9.08%), Vitamin B5: 0.76mg (7.61%), Vitamin K: 7.75µg (7.38%), Vitamin D: 0.21µg (1.4%)