



Magnificent Cheesy Brown Rice

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- 1 cup brown rice
- 1 cup cheddar cheese shredded low-fat
- 0.5 bell peppers red seeded chopped
- 0.3 onion red chopped
- 2 cups water

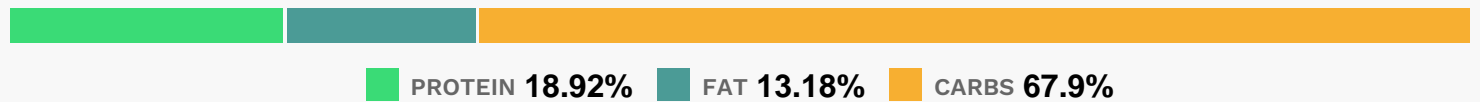
Equipment

- frying pan
- sauce pan

Directions

- Bring the brown rice, and water to a boil in a saucepan. Reduce the heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes.
- Prepare a skillet with cooking spray and place over medium heat. Cook the bell pepper and onion until lightly browned; stir into the cooked rice.
- Add the Cheddar cheese and continue stirring until the cheese has melted completely.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:20.64, Inflammation Score:-6, Nutrition Score:12.7113044449517%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 227.44kcal (11.37%), Fat: 3.3g (5.08%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 36.22g (13.17%), Sugar: 1.06g (1.18%), Cholesterol: 5.93mg (1.98%), Sodium: 181.57mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.33%), Manganese: 1.81mg (90.26%), Phosphorus: 267.99mg (26.8%), Vitamin C: 19.55mg (23.7%), Magnesium: 76.1mg (19.03%), Vitamin B6: 0.31mg (15.3%), Vitamin B1: 0.21mg (14.05%), Calcium: 139.08mg (13.91%), Vitamin B3: 2.21mg (11.07%), Vitamin A: 524.35IU (10.49%), Zinc: 1.53mg (10.23%), Fiber: 2.04g (8.18%), Vitamin B5: 0.82mg (8.16%), Copper: 0.16mg (8.08%), Selenium: 4.15µg (5.92%), Iron: 1.05mg (5.84%), Vitamin B2: 0.1mg (5.73%), Potassium: 187.37mg (5.35%), Folate: 20.76µg (5.19%), Vitamin B12: 0.14µg (2.31%), Vitamin E: 0.25mg (1.69%)