



Mexican Not-Fried Rice



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound ground beef 90% lean
- ☐ 8 tablespoons avocado diced
- ☐ 2 teaspoons chili powder
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 4 tablespoons cilantro leaves
- ☐ 2 cups brown rice cooked
- ☐ 2 cups rice white cooked
- ☐ 2 teaspoons cumin

- ☐ 1 cup cabbage green thinly sliced
- ☐ 12 slices jalapeno
- ☐ 4 tablespoons cream sour low-fat
- ☐ 0.5 teaspoon pepper
- ☐ 8 tablespoons pico de gallo
- ☐ 2 cups the of 1 cos lettuce chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons spring onion chopped
- ☐ 4 tortilla chips crushed

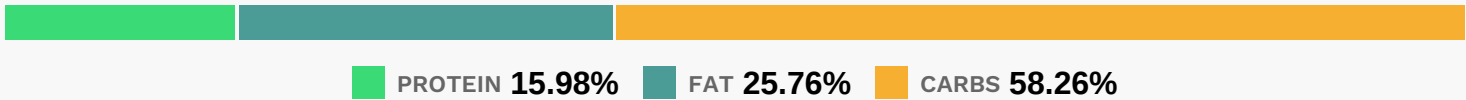
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook ground beef in nonstick skillet over medium-high heat until browned.
- ☐ Drain on paper towels. While still warm, mix in large bowl with cumin and chili powder. Toss with brown and white rice, romaine lettuce, cabbage, 2 tablespoons chopped cilantro, salt, and pepper. Divide among 4 plates; top each with 2 tablespoons diced avocado, 2 tablespoons pico de gallo, 1 tablespoon low-fat sour cream, 1 tablespoon chopped scallions, 1 tablespoon cilantro, 3 slices pickled jalapeo, and 1 crushed tortilla chip.

Nutrition Facts



Properties

Glycemic Index:102.55, Glycemic Load:38.78, Inflammation Score:-10, Nutrition Score:43.333912852018%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.65mg, Luteolin: 3.65mg, Luteolin: 3.65mg, Luteolin: 3.65mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 15.21mg, Quercetin: 15.21mg, Quercetin: 15.21mg, Quercetin: 15.21mg

Nutrients (% of daily need)

Calories: 497kcal (24.85%), Fat: 14.63g (22.5%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 74.42g (24.81%), Net Carbohydrates: 60.93g (22.16%), Sugar: 14.37g (15.97%), Cholesterol: 41.05mg (13.68%), Sodium: 525.04mg (22.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.82%), Vitamin C: 333.29mg (403.98%), Vitamin A: 5564.09IU (111.28%), Vitamin K: 110.79µg (105.51%), Manganese: 1.91mg (95.68%), Vitamin B6: 1.72mg (85.82%), Vitamin E: 11.18mg (74.56%), Fiber: 13.49g (53.96%), Vitamin B3: 8.83mg (44.17%), Folate: 153.48µg (38.37%), Potassium: 1285.77mg (36.74%), Phosphorus: 337.45mg (33.75%), Magnesium: 129.26mg (32.32%), Zinc: 4.59mg (30.61%), Selenium: 17.5µg (25%), Vitamin B5: 2.44mg (24.35%), Vitamin B2: 0.4mg (23.4%), Iron: 4.12mg (22.87%), Vitamin B12: 1.3µg (21.72%), Vitamin B1: 0.32mg (21.15%), Copper: 0.41mg (20.27%), Calcium: 114.05mg (11.4%)