



## Mexican Rice

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 14.5 ounce canned tomatoes diced with green chiles canned
- 1 teaspoons chili powder
- 1 clove garlic minced
- 0.5 cup bell pepper green chopped
- 0.5 cup onion chopped
- 1.5 cups rice long-grain
- 1 teaspoon salt

1 cup cheddar shredded

2 cups water

## Equipment

bowl

sauce pan

## Directions

In a large saucepan, melt the butter over medium heat.

Add the rice, onion, peppers, and garlic. Cook until the rice is browned and vegetables are tender. Stir in the water, tomatoes, chili powder, and salt and bring to a boil. Reduce the heat and simmer, covered, until the rice is tender, about 15 to 17 minutes. Stir in the cheese and transfer to a serving bowl.

## Nutrition Facts

 **PROTEIN 11.47%** **FAT 32.03%** **CARBS 56.5%**

## Properties

Glycemic Index:20.52, Glycemic Load:13.64, Inflammation Score:-3, Nutrition Score:5.7060868921487%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 180.16kcal (9.01%), Fat: 6.4g (9.85%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 24.29g (8.83%), Sugar: 1.59g (1.76%), Cholesterol: 17.32mg (5.77%), Sodium: 336.19mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Manganese: 0.36mg (18.16%), Vitamin C: 10.5mg (12.73%), Selenium: 7.58µg (10.83%), Calcium: 106.43mg (10.64%), Phosphorus: 97.02mg (9.7%), Vitamin B6: 0.13mg (6.66%), Vitamin A: 318.35IU (6.37%), Copper: 0.11mg (5.59%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.82mg (5.45%), Fiber: 1.11g (4.44%), Potassium: 148.43mg (4.24%), Magnesium: 16.96mg (4.24%), Vitamin B3: 0.81mg (4.07%), Iron: 0.72mg (4.02%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.57mg (3.77%), Vitamin B1: 0.05mg (3.36%), Folate: 10.3µg (2.57%), Vitamin K: 2.49µg (2.37%), Vitamin B12: 0.12µg (2.08%)