



## Picadillo

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 slices oscar mayer bacon chopped
- 2 carrots chopped
- 0.5 cup knudsen cream sour
- 1 lb ground beef
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 small onion chopped
- 3 tomatoes chopped
- 1 cup rice long-grain white uncooked

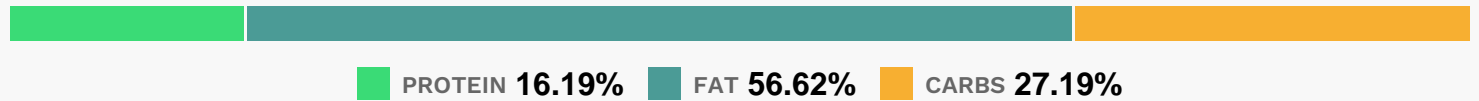
# Equipment

frying pan

# Directions

- Cook ground beef and bacon in large skillet on medium heat 10 min. or until ground beef is evenly browned, stirring occasionally; drain. Return to skillet.
- Add next 4 ingredients; stir. Bring to boil; simmer on low heat 25 min., stirring every 10 min. Meanwhile, cook rice as directed on package, omitting salt.
- Serve meat mixture over rice; top with sour cream.

# Nutrition Facts



# Properties

Glycemic Index:3.46, Glycemic Load:1.96, Inflammation Score:-3, Nutrition Score:2.0669565174891%

# Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

# Nutrients (% of daily need)

Calories: 57.82kcal (2.89%), Fat: 3.6g (5.54%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.58g (0.64%), Cholesterol: 9.54mg (3.18%), Sodium: 38.23mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin A: 484.86IU (9.7%), Selenium: 2.57µg (3.67%), Vitamin B12: 0.21µg (3.54%), Zinc: 0.48mg (3.2%), Vitamin B3: 0.62mg (3.11%), Manganese: 0.06mg (2.79%), Vitamin B6: 0.05mg (2.75%), Phosphorus: 27.35mg (2.73%), Potassium: 65.18mg (1.86%), Vitamin K: 1.77µg (1.69%), Vitamin C: 1.28mg (1.56%), Vitamin B2: 0.02mg (1.44%), Iron: 0.25mg (1.4%), Vitamin B1: 0.02mg (1.3%), Vitamin B5: 0.12mg (1.2%), Magnesium: 4.32mg (1.08%), Copper: 0.02mg (1.07%)