



## Quick Red Rice

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**5**

CALORIES



**242 kcal**

SIDE DISH

## Ingredients

- 0.8 cup canadian bacon chopped
- 0.3 teaspoon hot sauce
- 1 cup rice instant uncooked
- 1.3 cups onion chopped
- 0.3 teaspoon pepper
- 0.1 teaspoon salt
- 10.8 ounce all natural tomato soup reduced-sodium reduced-fat canned
- 2 teaspoons vegetable oil

1.5 cups water

## Equipment

sauce pan

## Directions

- Coat a medium saucepan with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add onion and Canadian bacon; saute 5 minutes or until onion is tender.
- Stir in soup and water. Bring to a boil.
- Add rice and remaining ingredients. Cover, reduce heat, and simmer 10 minutes or until rice is tender and liquid is absorbed.

## Nutrition Facts

 **PROTEIN 18.87%**  **FAT 17.6%**  **CARBS 63.53%**

## Properties

Glycemic Index:31.64, Glycemic Load:19.89, Inflammation Score:-4, Nutrition Score:10.595652144888%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 242.46kcal (12.12%), Fat: 4.73g (7.28%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 36.08g (13.12%), Sugar: 4.43g (4.92%), Cholesterol: 17.74mg (5.91%), Sodium: 471.71mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.83%), Manganese: 0.59mg (29.34%), Vitamin B1: 0.36mg (23.78%), Selenium: 15.03µg (21.47%), Vitamin B3: 3.6mg (17.98%), Vitamin B6: 0.34mg (16.96%), Phosphorus: 160.07mg (16.01%), Copper: 0.24mg (11.86%), Potassium: 403.25mg (11.52%), Vitamin C: 8.72mg (10.57%), Fiber: 2.35g (9.38%), Magnesium: 32.37mg (8.09%), Iron: 1.43mg (7.92%), Vitamin B5: 0.78mg (7.8%), Zinc: 1.14mg (7.59%), Vitamin B2: 0.12mg (7.18%), Vitamin E: 1.03mg (6.89%), Vitamin D: 0.99µg (6.62%), Vitamin K: 6.91µg (6.58%), Folate: 19.93µg (4.98%), Calcium: 45.75mg (4.57%), Vitamin B12: 0.24µg (3.96%), Vitamin A: 132.72IU (2.65%)