



WHATSheATe



HEALTH SCORE

89%

Quick Spanish Rice



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients



0.5 teaspoon chili powder



2 cups rice instant uncooked



0.5 cup chunky salsa thick



0.3 teaspoon salt



0.8 cup seasoning blend frozen (such as McKenzie's)



8 ounce no-salt-added tomato sauce canned



1 cup water

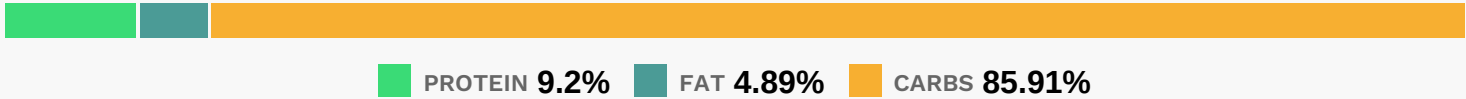
Equipment

sauce pan

Directions

Combine first 6 ingredients in a medium saucepan; bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes or until liquid is absorbed and rice is tender.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:23.04, Inflammation Score:-7, Nutrition Score:21.98565228089%

Nutrients (% of daily need)

Calories: 239.46kcal (11.97%), Fat: 1.39g (2.14%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 54.93g (18.31%), Net Carbohydrates: 44.14g (16.05%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 325.03mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Vitamin K: 139.55µg (132.9%), Manganese: 1.66mg (83.05%), Iron: 8.89mg (49.42%), Fiber: 10.79g (43.16%), Calcium: 377.03mg (37.7%), Vitamin E: 4.76mg (31.7%), Magnesium: 78.62mg (19.66%), Vitamin B6: 0.37mg (18.32%), Folate: 59.5µg (14.88%), Copper: 0.29mg (14.57%), Potassium: 461.23mg (13.18%), Vitamin A: 615.1IU (12.3%), Selenium: 8.32µg (11.89%), Vitamin B3: 2.25mg (11.23%), Phosphorus: 99.24mg (9.92%), Vitamin B2: 0.16mg (9.68%), Zinc: 1.2mg (8.03%), Vitamin B5: 0.79mg (7.95%), Vitamin B1: 0.08mg (5.63%), Vitamin C: 2.8mg (3.4%)