



Red Rice

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

READY IN



15 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 0.5 cup classic catalina dressing kraft
- 0.5 cup pasilla peppers green chopped
- 1 cup rice white instant uncooked
- 0.5 cup onions chopped
- 1 dash pepper black
- 0.3 tsp pepper sauce hot
- 1 tsp salt

6.5 oz oscar mayer natural uncured turkey sausage sliced ()

Equipment

sauce pan

Directions

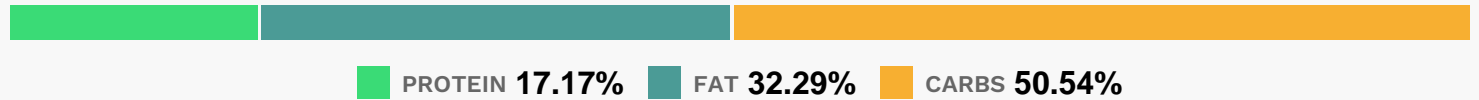
Bring all ingredients except rice to boil in large saucepan, stirring frequently.

Stir in rice; cover.

Remove from heat.

Let stand 5 min. Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:5.7982608235401%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 136.83kcal (6.84%), Fat: 4.8g (7.39%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 15.88g (5.77%), Sugar: 5.98g (6.64%), Cholesterol: 17.28mg (5.76%), Sodium: 696.91mg (30.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin C: 13.48mg (16.34%), Vitamin B3: 2.22mg (11.11%), Vitamin B6: 0.2mg (10.03%), Vitamin B1: 0.15mg (9.97%), Folate: 37.53µg (9.38%), Manganese: 0.18mg (8.78%), Iron: 1.49mg (8.25%), Phosphorus: 67.68mg (6.77%), Zinc: 0.96mg (6.39%), Selenium: 4.1µg (5.86%), Potassium: 187.86mg (5.37%), Vitamin B2: 0.09mg (5.27%), Vitamin B12: 0.3µg (4.99%), Copper: 0.08mg (4.18%), Fiber: 1.03g (4.13%), Vitamin B5: 0.36mg (3.62%), Magnesium: 13.31mg (3.33%), Vitamin E: 0.41mg (2.72%), Calcium: 25.6mg (2.56%), Vitamin A: 110.29IU (2.21%), Vitamin K: 2.2µg (2.1%)