



Red Rice and Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

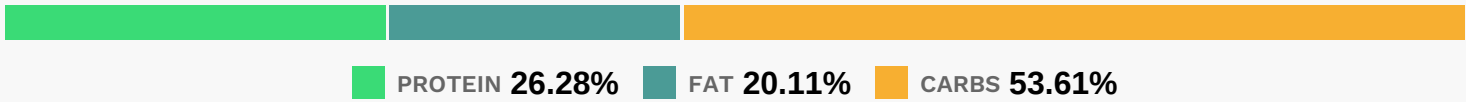
- ☐ 1 pound ham cubed cooked
- ☐ 2 teaspoons creole seasoning
- ☐ 3 cups chicken broth low-sodium
- ☐ 1.5 cups rice long-grain uncooked
- ☐ 20 ounce tomato and chiles diced green canned

Equipment

Directions

- ☐ Saut ham in lightly greased Dutch oven over medium-high heat 5 minutes or until browned. Stir in tomato and green chiles, broth, and Creole seasoning; bring to a boil.
- ☐ Stir in rice; cover, reduce heat, and simmer 25 minutes. Uncover and cook until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:21.86, Glycemic Load:23.29, Inflammation Score:-7, Nutrition Score:16.483913224676%

Flavonoids

Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 319.46kcal (15.97%), Fat: 7.08g (10.89%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 40.53g (14.74%), Sugar: 2.76g (3.07%), Cholesterol: 55.19mg (18.4%), Sodium: 915.8mg (39.82%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 20.81g (41.62%), Vitamin C: 31.07mg (37.66%), Phosphorus: 333.97mg (33.4%), Manganese: 0.66mg (32.99%), Selenium: 22.01µg (31.44%), Vitamin B1: 0.47mg (31.35%), Vitamin B3: 5.66mg (28.31%), Vitamin A: 1064.57IU (21.29%), Vitamin B12: 1.18µg (19.73%), Vitamin B6: 0.37mg (18.66%), Potassium: 604.49mg (17.27%), Zinc: 2.49mg (16.57%), Vitamin B2: 0.26mg (15.42%), Copper: 0.31mg (15.32%), Vitamin B5: 1.21mg (12.13%), Magnesium: 40.03mg (10.01%), Iron: 1.57mg (8.71%), Fiber: 1.92g (7.67%), Vitamin K: 8.05µg (7.66%), Folate: 20.85µg (5.21%), Vitamin E: 0.76mg (5.07%), Calcium: 32.64mg (3.26%)