



## Rice with Green Pepper and Jalapeno

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 0.5 cup chicken stock see
- 1 clove garlic minced
- 0.5 bell pepper green chopped
- 1 jalapeno minced seeded
- 1 juice of lime
- 4 servings kosher salt
- 1.5 cups rice white uncooked

0.5 onion yellow finely chopped

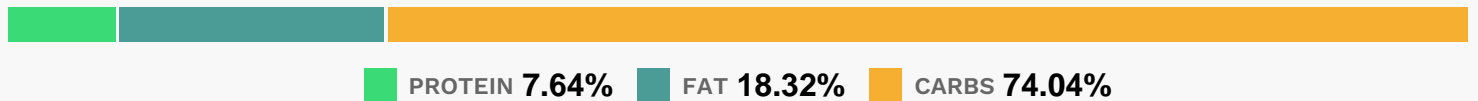
## Equipment

sauce pan

## Directions

- Melt the butter in a large sauce pan. Then add the jalapeno, onions and green peppers, sprinkle with salt and cook over medium heat until tender, about 5 minutes.
- Add the garlic and stir.
- Add the rice and cook over medium-high heat, stirring frequently, until the rice is golden, about 5 minutes. Turn the heat up to high and add 2 cups water and the stock. Bring to a boil, cover tightly, and reduce the heat to a simmer for 20 minutes.
- Remove from the heat and let rest, still covered, 3 minutes longer.
- Sprinkle with the lime zest and juice before serving.

## Nutrition Facts



## Properties

Glycemic Index:52.55, Glycemic Load:33.83, Inflammation Score:-4, Nutrition Score:7.8469564895267%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

## Nutrients (% of daily need)

Calories: 326.69kcal (16.33%), Fat: 6.56g (10.09%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 59.61g (19.87%), Net Carbohydrates: 58.08g (21.12%), Sugar: 1.78g (1.98%), Cholesterol: 15.95mg (5.32%), Sodium: 286.55mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Manganese: 0.81mg (40.42%), Vitamin C: 19.67mg (23.84%), Selenium: 11.4µg (16.29%), Vitamin B6: 0.21mg (10.45%), Phosphorus: 99.63mg (9.96%), Copper: 0.19mg (9.5%), Vitamin B3: 1.74mg (8.67%), Vitamin B5: 0.77mg (7.68%), Fiber: 1.53g (6.13%), Zinc: 0.87mg (5.78%),

Magnesium: 22.86mg (5.72%), Vitamin A: 272.69IU (5.45%), Vitamin B1: 0.08mg (5.27%), Potassium: 179.57mg (5.13%), Vitamin B2: 0.07mg (4.36%), Iron: 0.73mg (4.05%), Folate: 13.08µg (3.27%), Vitamin E: 0.45mg (2.99%), Calcium: 29.6mg (2.96%), Vitamin K: 2.48µg (2.36%)