



Roasted Peppers And Corn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 1 cup whole-kernel corn frozen
- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup bell pepper red chopped
- ☐ 1 cup parboiled rice long-grain dry (such as Uncle Ben's)
- ☐ 0.5 teaspoon salt

- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon turmeric
- ☐ 2 cups water
- ☐ 1 tablespoon yogurt-based spread (such as Brummel & Brown)

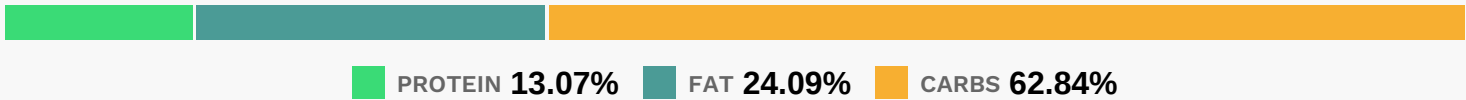
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Bring water and turmeric to a boil in a medium saucepan.
- ☐ Add rice; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Arrange peppers, corn, and onion in a single layer on a baking sheet coated with cooking spray. Coat vegetables with cooking spray.
- ☐ Bake at 425 for 20 minutes or until vegetables begin to brown.
- ☐ Spoon vegetables into a large bowl.
- ☐ Add rice, cheese, and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:54.55, Glycemic Load:23.45, Inflammation Score:-10, Nutrition Score:15.700434741767%

Flavonoids

Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.97mg, Quercetin:

4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 313.2kcal (15.66%), Fat: 8.47g (13.04%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 46.48g (16.9%), Sugar: 5.5g (6.11%), Cholesterol: 21.91mg (7.3%), Sodium: 528.25mg (22.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.69%), Vitamin C: 79.87mg (96.82%), Manganese: 0.7mg (35.09%), Vitamin A: 1544.49IU (30.89%), Phosphorus: 199.13mg (19.91%), Selenium: 13.52µg (19.32%), Calcium: 188.28mg (18.83%), Vitamin B6: 0.33mg (16.44%), Fiber: 3.27g (13.09%), Vitamin B2: 0.21mg (12.3%), Folate: 48.48µg (12.12%), Zinc: 1.66mg (11.05%), Copper: 0.19mg (9.26%), Potassium: 316.09mg (9.03%), Magnesium: 36.12mg (9.03%), Vitamin B5: 0.9mg (9.02%), Vitamin B3: 1.76mg (8.78%), Vitamin B1: 0.11mg (7.18%), Vitamin E: 1mg (6.65%), Iron: 1.12mg (6.24%), Vitamin K: 5.38µg (5.12%), Vitamin B12: 0.24µg (4.06%)