



Salsa Rice

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups rice white instant uncooked
- 1 cup taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft
- 1.5 cups water

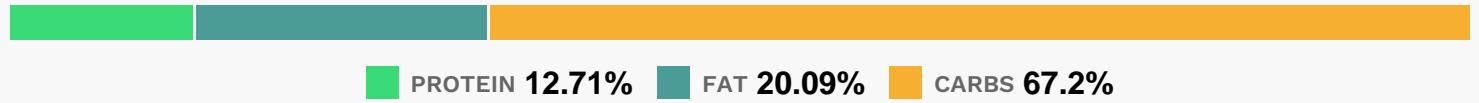
Equipment

- sauce pan

Directions

- Combine water and salsa in medium saucepan. Bring to boil over medium-high heat.
- Stir in rice; cover.
- Remove from heat.
- Let stand 5 min. or until all of the liquid is absorbed.
- Add cheese; mix lightly.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:10.886956528477%

Nutrients (% of daily need)

Calories: 239.88kcal (11.99%), Fat: 5.33g (8.2%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 38.14g (13.87%), Sugar: 2.54g (2.83%), Cholesterol: 14.13mg (4.71%), Sodium: 527.51mg (22.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Folate: 123.82µg (30.95%), Selenium: 20.58µg (29.4%), Vitamin B1: 0.43mg (28.34%), Manganese: 0.5mg (24.92%), Vitamin B3: 3.75mg (18.74%), Iron: 3mg (16.69%), Phosphorus: 136.23mg (13.62%), Calcium: 130.19mg (13.02%), Vitamin A: 453.53IU (9.07%), Vitamin B6: 0.18mg (8.83%), Zinc: 1.27mg (8.48%), Fiber: 1.99g (7.95%), Copper: 0.14mg (6.86%), Vitamin E: 0.92mg (6.11%), Vitamin B2: 0.1mg (5.6%), Potassium: 190.19mg (5.43%), Magnesium: 20.47mg (5.12%), Vitamin B5: 0.38mg (3.75%), Vitamin K: 3.11µg (2.96%), Vitamin B12: 0.15µg (2.5%), Vitamin C: 1.24mg (1.5%)