



Santa Fe Skillet Casserole

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes mexican-style canned
- ☐ 1 cup bell pepper green chopped 1
- ☐ 1.5 cups rice instant uncooked such as Uncle Ben's 5-Minute Rice
- ☐ 1 cup onion chopped 1
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces pre-shredded sharp cheddar cheese reduced-fat
- ☐ 12 ounce recipe crumbles burger-style

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1.5 cups vegetable broth

Equipment

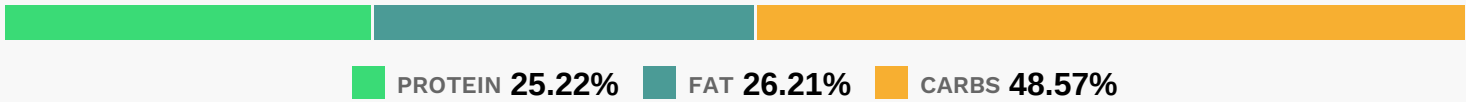
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frying pan

Directions

- ☐ Combine first 3 ingredients in a large nonstick skillet; cook over medium–high heat until crumbles are browned and vegetables are tender.
- ☐ Add rice and next 4 ingredients. Cover, reduce heat, and simmer 5 minutes or until rice is tender and liquid is absorbed.
- ☐ Sprinkle with cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:2.47, Inflammation Score:–7, Nutrition Score:21.170000068519%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 259.62kcal (12.98%), Fat: 7.72g (11.88%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 26.92g (9.79%), Sugar: 5.92g (6.58%), Cholesterol: 14.17mg (4.72%), Sodium: 761.12mg (33.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.43%), Vitamin B12: 4.86µg (80.94%), Vitamin B1: 0.98mg (65.23%), Vitamin B3: 9.08mg (45.39%), Vitamin C: 28.24mg (34.23%), Vitamin B6: 0.68mg (34.01%), Iron: 5.37mg (29.81%), Phosphorus: 239.01mg (23.9%), Fiber: 5.27g (21.09%), Manganese: 0.41mg (20.71%), Folate: 78.57µg (19.64%), Selenium: 12.56µg (17.94%), Calcium: 137.29mg (13.73%), Vitamin B2: 0.23mg (13.31%), Potassium: 408.14mg (11.66%), Zinc: 1.72mg (11.43%), Vitamin A: 507.34IU (10.15%), Copper: 0.2mg (9.8%), Vitamin E: 1.07mg (7.13%), Magnesium: 25.83mg (6.46%), Vitamin K: 6.07µg (5.78%), Vitamin B5: 0.4mg (4%)