



## Savannah Red Rice

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups tomatoes whole canned crushed undrained
- 0.5 teaspoon cayenne pepper
- 1 rib celery diced
- 2 cloves garlic minced
- 1 small bell pepper diced green
- 1 medium onion diced
- 1 small bell pepper diced red

- 0.5 teaspoon salt
- 0.3 pound salt pork diced finely
- 2 tablespoons tomato paste
- 1.5 cups water
- 2 cups rice long-grain white

## Equipment

- sauce pan

## Directions

- Heat a large heavy-bottomed saucepan and cook the salt pork over medium-high heat until crisp.
- Add the red and green peppers, celery, onion, and garlic and cook 3 to 4 minutes.
- Add the rice and stir, coating the rice with drippings. Stir in the tomatoes, tomato paste, water, salt, and black and cayenne pepper. Cover and simmer until the rice is tender and the liquid is absorbed, about 25 to 30 minutes.

## Nutrition Facts



**PROTEIN 6.79%** **FAT 35.82%** **CARBS 57.39%**

## Properties

Glycemic Index:37.65, Glycemic Load:23.06, Inflammation Score:-5, Nutrition Score:8.7521739161533%

## Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

## Nutrients (% of daily need)

Calories: 300.45kcal (15.02%), Fat: 11.91g (18.32%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 40.82g (14.84%), Sugar: 3.25g (3.61%), Cholesterol: 12.19mg (4.06%), Sodium: 653.1mg (28.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin C: 27.24mg (33.01%), Manganese:

0.63mg (31.51%), Vitamin B6: 0.24mg (12.14%), Selenium: 8.3µg (11.85%), Vitamin A: 530.19IU (10.6%), Copper: 0.19mg (9.52%), Phosphorus: 86.33mg (8.63%), Vitamin B3: 1.7mg (8.52%), Fiber: 2.1g (8.38%), Potassium: 291.07mg (8.32%), Vitamin B1: 0.11mg (7.46%), Iron: 1.27mg (7.07%), Vitamin B5: 0.65mg (6.48%), Magnesium: 25.73mg (6.43%), Vitamin E: 0.87mg (5.77%), Zinc: 0.82mg (5.49%), Vitamin B2: 0.09mg (5.27%), Vitamin K: 5.12µg (4.87%), Folate: 18.88µg (4.72%), Calcium: 43.82mg (4.38%)