



## Spanish Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

## Ingredients

- 29 ounce tomatoes diced undrained canned
- 2 teaspoons chili powder
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 1 cup bell pepper green chopped
- 1 teaspoon ground cumin
- 0.5 teaspoon hot sauce
- 1.7 cups rice instant uncooked

- 1 cup onion chopped
- 5.5 ounce sacramento tomato juice canned
- 2 teaspoons vegetable oil

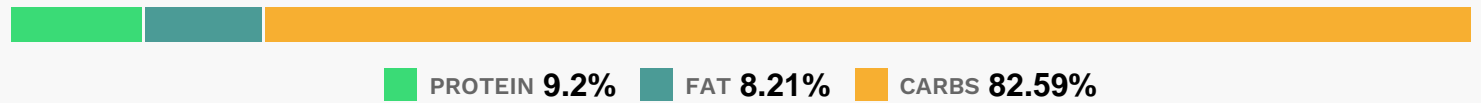
## Equipment

- sauce pan

## Directions

- Place a large saucepan over mediumhigh heat until hot; add oil.
- Add onion, bell pepper, and garlic; cook, stirring constantly, until tender. Stir in rice and next 5 ingredients. Bring to a boil; cover, reduce heat, and simmer 7 minutes or until liquid is absorbed.
- Remove from heat.
- Let stand, covered, 5 minutes. Stir in cilantro.

## Nutrition Facts



## Properties

Glycemic Index:33.86, Glycemic Load:25.99, Inflammation Score:-6, Nutrition Score:12.756086909253%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

## Nutrients (% of daily need)

Calories: 252.88kcal (12.64%), Fat: 2.34g (3.6%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 52.94g (17.65%), Net Carbohydrates: 49.23g (17.9%), Sugar: 6.27g (6.96%), Cholesterol: 0mg (0%), Sodium: 255.41mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Vitamin C: 37.84mg (45.87%), Manganese: 0.82mg (40.95%), Vitamin B6: 0.39mg (19.62%), Fiber: 3.72g (14.86%), Copper: 0.3mg (14.8%), Iron: 2.59mg (14.37%), Potassium: 502.16mg (14.35%), Vitamin K: 12.92µg (12.3%), Selenium: 8.49µg (12.12%), Vitamin E: 1.82mg (12.11%), Vitamin B3: 2.37mg (11.87%), Phosphorus: 111.7mg (11.17%), Vitamin A: 556.12IU (11.12%), Magnesium: 40.92mg (10.23%), Vitamin

B1: 0.15mg (9.99%), Vitamin B5: 0.83mg (8.28%), Calcium: 81.9mg (8.19%), Vitamin B2: 0.14mg (8.12%), Folate: 26.68µg (6.67%), Zinc: 0.96mg (6.4%)