



## Spanish Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 28 ounce canned tomatoes diced canned
- 1 pinch cayenne
- 1 bell pepper green chopped
- 1 dashes several hot sauce
- 1 onion chopped
- 4 ounce pimientos diced
- 1 pinch salt

1.5 cups rice long-grain white

## Equipment

sauce pan

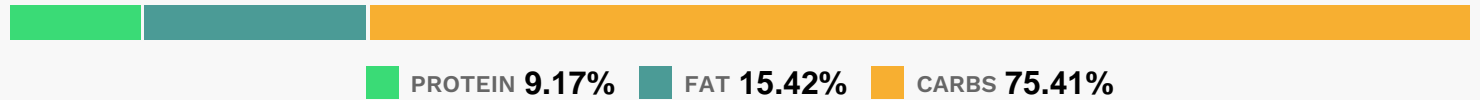
## Directions

Watch how to make this recipe.

Melt the butter in a medium, heavy-bottomed saucepan over medium-low heat.

Add the rice, onion and green pepper, and saute until the rice is slightly browned and the vegetables are softened, 8 to 10 minutes. Stir in the tomatoes, pimiento, salt, cayenne and hot sauce. Bring to a boil, cover and reduce the heat to low. Simmer for 20 minutes, then fluff with a fork. If the rice is tender but too soupy, cook uncovered for another 5 minutes. If the rice is dry but not yet tender, add 1/2 cup water, cover and continue cooking for another 5 minutes, or until the rice is done.

## Nutrition Facts



## Properties

Glycemic Index:32.9, Glycemic Load:19.31, Inflammation Score:-6, Nutrition Score:10.480434691452%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

## Nutrients (% of daily need)

Calories: 195.94kcal (9.8%), Fat: 3.44g (5.29%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 34.68g (12.61%), Sugar: 5.82g (6.47%), Cholesterol: 7.53mg (2.51%), Sodium: 163.8mg (7.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin C: 36.87mg (44.69%), Manganese: 0.61mg (30.41%), Vitamin A: 737.67IU (14.75%), Vitamin B6: 0.29mg (14.66%), Copper: 0.28mg (14.08%), Fiber: 3.15g (12.61%), Potassium: 405.19mg (11.58%), Iron: 1.94mg (10.78%), Vitamin E: 1.54mg (10.27%), Vitamin B3: 1.96mg (9.82%), Selenium: 5.97µg (8.52%), Phosphorus: 82.46mg (8.25%), Magnesium: 32.46mg (8.12%), Vitamin B1: 0.12mg (7.78%), Vitamin K: 8.15µg (7.76%), Vitamin B5: 0.66mg (6.64%), Folate: 20.89µg (5.22%), Vitamin B2: 0.09mg (5.18%), Calcium: 49.95mg (5%), Zinc: 0.72mg (4.83%)