

# Spanish Rice Bake

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon brown sugar
- 14.5 ounce canned tomatoes canned
- 0.5 cup chile sauce
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup bell pepper green chopped
- 0.5 teaspoon ground cumin
- 1 pinch ground pepper black
- 1 pound ground beef lean

- 0.8 cup rice long grain uncooked
- 0.5 cup onion finely chopped
- 1 teaspoon salt
- 0.5 cup cheddar cheese shredded
- 1 cup water
- 0.5 teaspoon worcestershire sauce

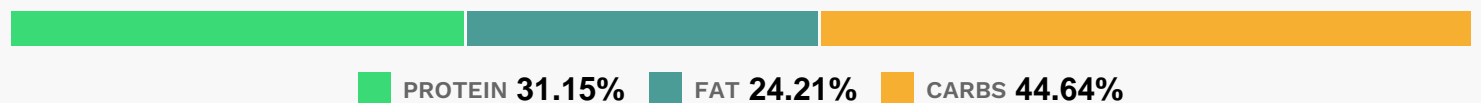
## Equipment

- frying pan
- oven
- pot
- casserole dish

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Brown the ground beef in a large skillet over medium-high heat.
- Drain excess fat and transfer beef to a large pot over medium low heat.. Stir in the onion, green bell pepper, tomatoes, water, rice, chile sauce, salt, brown sugar, cumin, Worcestershire sauce and ground black pepper.
- Let this simmer for about 30 minutes, stirring occasionally, then transport this to a 2-quart casserole dish. Press down firmly and sprinkle with the shredded Cheddar cheese.
- Bake at 375 degrees F (190 degrees C) for 10 to 15 minutes, or until cheese is melted and bubbly.
- Garnish with chopped fresh cilantro.

## Nutrition Facts



## Properties

Glycemic Index:38.7, Glycemic Load:12.89, Inflammation Score:-4, Nutrition Score:14.481739101203%

## Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

## Nutrients (% of daily need)

Calories: 281.38kcal (14.07%), Fat: 7.39g (11.37%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 27.89g (10.14%), Sugar: 7.91g (8.79%), Cholesterol: 56.29mg (18.76%), Sodium: 1569mg (68.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.77%), Zinc: 4.68mg (31.18%), Vitamin B12: 1.79µg (29.89%), Selenium: 19.81µg (28.3%), Vitamin B3: 5.42mg (27.12%), Phosphorus: 247.69mg (24.77%), Vitamin B6: 0.47mg (23.73%), Manganese: 0.42mg (21%), Iron: 3.09mg (17.16%), Potassium: 535.35mg (15.3%), Vitamin C: 12.4mg (15.02%), Copper: 0.26mg (12.84%), Vitamin B2: 0.22mg (12.76%), Calcium: 111.06mg (11.11%), Fiber: 2.76g (11.03%), Magnesium: 41.81mg (10.45%), Vitamin B5: 0.97mg (9.74%), Vitamin E: 1.2mg (7.99%), Vitamin B1: 0.11mg (7.5%), Vitamin A: 276.49IU (5.53%), Folate: 19.82µg (4.95%), Vitamin K: 5.07µg (4.83%)