



Spanish Rice Original

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

Ingredients

- 6 slices bacon
- 10 ounce olives black drained sliced canned
- 1 cup chicken broth
- 0.5 teaspoon chili powder
- 2 bell peppers diced green
- 0.5 teaspoon salt and ground pepper black
- 2 onions diced
- 1 cup tomato sauce

- 2 tomatoes diced
- 1 cup rice white uncooked
- 10 ounce kernel corn whole drained canned

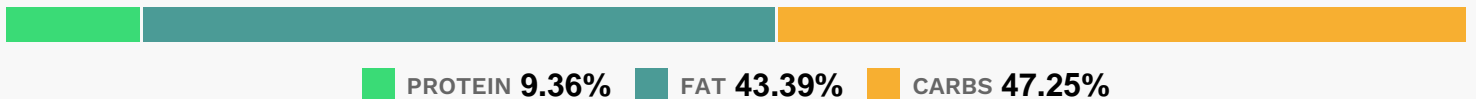
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Bring chicken broth and tomato sauce to a boil in a small saucepan, about 5 minutes. Reduce heat to medium and maintain a simmer while preparing the remaining ingredients.
- Meanwhile, place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Transfer bacon to a paper towel-lined plate, reserving bacon grease in the skillet. Chop bacon.
- Cook and stir onion in reserved bacon grease over medium heat until tender, about 5 minutes. Stir in rice; cook and stir until lightly browned, 3 to 5 minutes.
- Pour boiling chicken broth and tomato sauce into rice mixture; add diced tomatoes, green peppers, and chopped bacon. Season with chili powder, salt, and pepper. Cover and simmer until rice is tender and liquid is absorbed, 30 to 40 minutes. Stir black olives and corn into rice mixture before serving.

Nutrition Facts



Properties

Glycemic Index:35.53, Glycemic Load:16.85, Inflammation Score:-7, Nutrition Score:13.147391187108%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg,

Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 350.78kcal (17.54%), Fat: 17.26g (26.55%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 37.83g (13.76%), Sugar: 5.51g (6.12%), Cholesterol: 15.3mg (5.1%), Sodium: 1307.62mg (56.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Vitamin C: 43.89mg (53.19%), Manganese: 0.59mg (29.63%), Vitamin E: 2.97mg (19.82%), Vitamin A: 910.78IU (18.22%), Fiber: 4.46g (17.85%), Vitamin B6: 0.33mg (16.67%), Potassium: 507.58mg (14.5%), Selenium: 10.13µg (14.47%), Vitamin B3: 2.85mg (14.23%), Copper: 0.27mg (13.49%), Phosphorus: 130.16mg (13.02%), Vitamin B1: 0.17mg (11.51%), Magnesium: 39.94mg (9.98%), Folate: 38.42µg (9.6%), Vitamin K: 8.61µg (8.2%), Iron: 1.46mg (8.11%), Vitamin B2: 0.12mg (7.27%), Zinc: 1.06mg (7.05%), Vitamin B5: 0.7mg (7%), Calcium: 60.32mg (6.03%), Vitamin B12: 0.12µg (1.96%)