

Spanish Rice with Bacon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

SIDE DISH

Ingredients

- 6 bacon diced
- 1 tablespoon canola oil
- 1 medium onion chopped
- 1 cup rice long grain uncooked
- 1 cup rice long grain uncooked
- 1.8 cups water
- 2 large tomatoes chopped
- 1 medium bell pepper green chopped

- 2 jalapeno seeded chopped
- 1 teaspoons chili powder
- 0.5 teaspoon salt

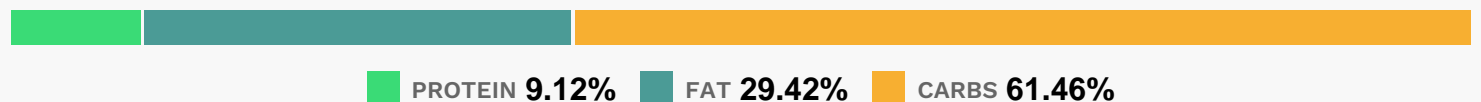
Equipment

- frying pan
- paper towels

Directions

- In a large skillet, cook bacon over medium heat until crisp.
- Remove to paper towels.
- Add oil to the drippings; saute onion for 3 minutes.
- Add rice; stir until golden brown, about 5 minutes. Stir in the remaining ingredients. Bring to a boil.
- Reduce heat; cover and simmer for 30 minutes or until rice is tender.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:38.23, Glycemic Load:30.79, Inflammation Score:-6, Nutrition Score:11.061738934206%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 361.96kcal (18.1%), Fat: 11.71g (18.02%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 55.05g (18.35%), Net Carbohydrates: 52.62g (19.13%), Sugar: 3.14g (3.49%), Cholesterol: 14.52mg (4.84%), Sodium: 355.93mg

(15.48%), Alcohol: Og (100%), Protein: 8.17g (16.33%), Manganese: 0.8mg (40.05%), Vitamin C: 31.15mg (37.76%), Selenium: 13.91µg (19.88%), Vitamin B6: 0.3mg (15.06%), Vitamin A: 736.38IU (14.73%), Phosphorus: 128.65mg (12.87%), Vitamin B3: 2.45mg (12.23%), Copper: 0.22mg (10.88%), Vitamin B1: 0.15mg (9.92%), Fiber: 2.43g (9.7%), Potassium: 337.85mg (9.65%), Vitamin K: 9.27µg (8.83%), Vitamin B5: 0.86mg (8.61%), Vitamin E: 1.27mg (8.46%), Magnesium: 30.44mg (7.61%), Zinc: 1.12mg (7.47%), Folate: 20.85µg (5.21%), Iron: 0.92mg (5.13%), Vitamin B2: 0.08mg (4.5%), Calcium: 34.48mg (3.45%), Vitamin B12: 0.11µg (1.83%)