



## Spanish Rice with Tomatoes and Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



81 kcal

SIDE DISH

### Ingredients

- 1 cup rice long-grain uncooked
- 1 cup water
- 0.5 cup onion chopped
- 0.5 cup bell pepper green chopped
- 1 clove garlic finely chopped
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 0.5 teaspoon salt

14.5 ounces tomatoes diced undrained canned

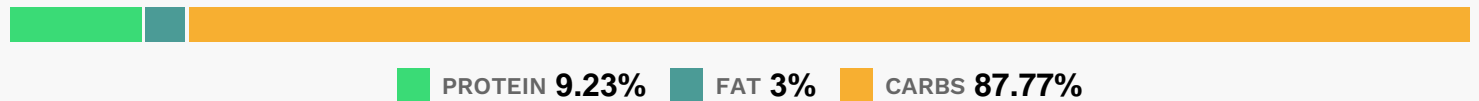
## Equipment

slow cooker

## Directions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- Mix all ingredients except tomatoes in cooker. Top with tomatoes.
- Cover and cook on low heat setting 2 to 3 hours or until rice and vegetables are tender and most of the liquid has been absorbed.

## Nutrition Facts



## Properties

Glycemic Index:13.32, Glycemic Load:9.12, Inflammation Score:-2, Nutrition Score:3.6269565302393%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

## Nutrients (% of daily need)

Calories: 80.96kcal (4.05%), Fat: 0.27g (0.42%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 16.8g (6.11%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 181.38mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Manganese: 0.27mg (13.39%), Vitamin C: 10.52mg (12.75%), Vitamin B6: 0.11mg (5.55%), Copper: 0.09mg (4.28%), Selenium: 2.97µg (4.24%), Iron: 0.76mg (4.23%), Fiber: 1.01g (4.04%), Potassium: 131.98mg (3.77%), Phosphorus: 34.95mg (3.5%), Vitamin B3: 0.67mg (3.34%), Magnesium: 12.04mg (3.01%), Vitamin B1: 0.04mg (2.78%), Vitamin E: 0.41mg (2.75%), Vitamin A: 137.69IU (2.75%), Vitamin B5: 0.26mg (2.57%), Calcium: 24.35mg (2.44%), Vitamin B2: 0.04mg (2.28%), Zinc: 0.31mg (2.05%), Vitamin K: 2.02µg (1.92%), Folate: 7.12µg (1.78%)