



WHATSheATE



HEALTH SCORE

64%

Speedy Tex-Mex rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

Ingredients



200 g rice



1 small jar olive oil sliced (3 tbsp oil retained)



1 tbsp cajun spice



14 oz pea-mond dressing rinsed drained canned



1 juice of lime



1 small bunch cilantro leaves roughly chopped

Equipment

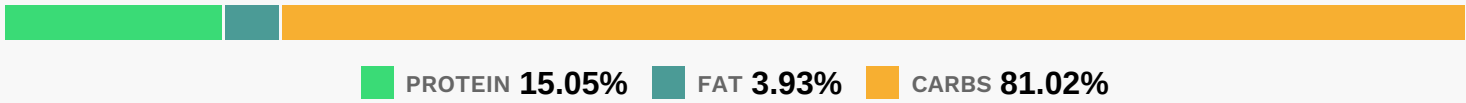


frying pan

Directions

- ☐ Cook rice according to pack instructions, then drain.
- ☐ Heat 1 tbsp oil in a frying pan.
- ☐ Add the sliced peppers and fajita seasoning, and cook for 1 min until fragrant.
- ☐ Stir through the rice and beans, and heat until piping hot.
- ☐ Mix the remaining oil, lime juice, coriander and some seasoning into the pan and serve.

Nutrition Facts



Properties

Glycemic Index:37.3, Glycemic Load:29.92, Inflammation Score:-8, Nutrition Score:15.086956480275%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 306.94kcal (15.35%), Fat: 1.34g (2.06%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 62.2g (20.73%), Net Carbohydrates: 54.42g (19.79%), Sugar: 3.65g (4.06%), Cholesterol: 0mg (0%), Sodium: 8.7mg (0.38%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 11.55g (23.1%), Folate: 213.21µg (53.3%), Manganese: 1.05mg (52.61%), Fiber: 7.78g (31.12%), Phosphorus: 219.64mg (21.96%), Vitamin A: 990.91IU (19.82%), Copper: 0.39mg (19.73%), Iron: 3.29mg (18.3%), Magnesium: 69.23mg (17.31%), Vitamin B1: 0.24mg (16.28%), Selenium: 10.16µg (14.52%), Zinc: 1.91mg (12.76%), Potassium: 391.3mg (11.18%), Vitamin B6: 0.22mg (11.17%), Vitamin B5: 0.98mg (9.78%), Vitamin K: 9.5µg (9.05%), Vitamin B3: 1.5mg (7.48%), Vitamin E: 0.93mg (6.2%), Vitamin B2: 0.1mg (6.14%), Calcium: 44.1mg (4.41%), Vitamin C: 3.2mg (3.88%)