



Spicy Rice



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cubes chicken bouillon
- ☐ 1 teaspoon garlic powder
- ☐ 1 large bell pepper green chopped
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 4 cups rice long grain uncooked
- ☐ 2 tablespoons butter
- ☐ 1 large onion chopped
- ☐ 2 habanero peppers chopped

- ☐ 1 bell pepper red chopped
- ☐ 1 tablespoon lawry's seasoned salt
- ☐ 3 pounds sirloin tips thinly sliced
- ☐ 3 chicken breasts boneless skinless cut into bite-size pieces
- ☐ 3 tablespoons vegetable oil divided
- ☐ 8 cups water

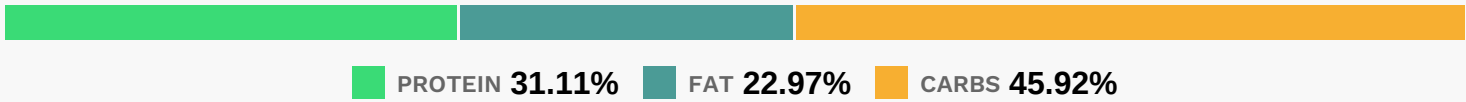
Equipment

- ☐ frying pan

Directions

- ☐ Heat the margarine in a large heavy skillet.
- ☐ Saute the onion, green pepper, red pepper and habanero peppers until onion is soft and translucent.
- ☐ Remove from skillet and set aside. Rub the beef and chicken with seasoned salt.
- ☐ Heat 1 tablespoon oil in the skillet, and fry the meat until browned.
- ☐ Remove from heat and set aside.
- ☐ Heat 2 tablespoons oil in a large heavy skillet. Fry the uncooked rice, stirring occasionally until lightly browned. Stir in water and bouillon. Stir in peppers and meat. Season with garlic powder, salt and pepper. Cover, and simmer for 20 to 25 minutes, or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:17.72, Glycemic Load:36.21, Inflammation Score:-7, Nutrition Score:27.558260311251%

Flavonoids

Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 567.04kcal (28.35%), Fat: 14.11g (21.71%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 63.46g (21.15%), Net Carbohydrates: 61.25g (22.27%), Sugar: 2.2g (2.44%), Cholesterol: 104.7mg (34.9%), Sodium: 858.19mg (37.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43g (86.01%), Selenium: 56.89µg (81.27%), Vitamin B3: 15.15mg (75.74%), Vitamin B6: 1.34mg (67.06%), Vitamin C: 49.08mg (59.49%), Manganese: 0.93mg (46.42%), Phosphorus: 452.79mg (45.28%), Zinc: 6.78mg (45.17%), Vitamin B12: 1.69µg (28.17%), Potassium: 799.53mg (22.84%), Vitamin B5: 2.22mg (22.23%), Iron: 3.19mg (17.71%), Magnesium: 67.96mg (16.99%), Copper: 0.34mg (16.97%), Vitamin B2: 0.24mg (14.29%), Vitamin B1: 0.19mg (12.96%), Vitamin A: 632.5IU (12.65%), Vitamin K: 13.2µg (12.57%), Folate: 37.5µg (9.38%), Vitamin E: 1.36mg (9.06%), Fiber: 2.2g (8.81%), Calcium: 76.47mg (7.65%), Vitamin D: 0.17µg (1.13%)