



Sweet Bell Pepper Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon cooking wine dry white
- ☐ 3 cloves garlic minced
- ☐ 1 small bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup rice long grain
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 1 small bell pepper red chopped
- ☐ 1 small onion sweet finely chopped
- ☐ 2 cups water

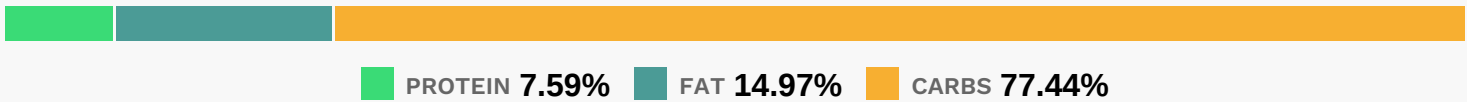
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and liquid has been absorbed, 20 to 25 minutes.
- ☐ Heat oil in a large skillet over medium-high heat. Cook and stir onion in the hot oil until tender, about 3 minutes.
- ☐ Add garlic and continue to cook and stir until onion is translucent, 2 to 3 minutes more. Stir green bell pepper and red bell pepper into onion mixture; cook until tender, about 5 minutes. Season with basil, oregano, black pepper, and salt.
- ☐ Pour wine into vegetable mixture and reduce heat to medium low. Simmer until liquid is reduced, about 5 minutes. Stir rice into vegetables. Top with Parmesan cheese before serving.

Nutrition Facts



Properties

Glycemic Index:46.3, Glycemic Load:22.8, Inflammation Score:-8, Nutrition Score:10.45173912463%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg

Nutrients (% of daily need)

Calories: 243.71kcal (12.19%), Fat: 4.01g (6.17%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 44.2g (16.07%), Sugar: 5.52g (6.13%), Cholesterol: 0mg (0%), Sodium: 17.15mg (0.75%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 4.58g (9.15%), Vitamin C: 43.24mg (52.41%), Manganese: 0.73mg (36.64%), Vitamin B6: 0.32mg (15.89%), Vitamin A: 660.45IU (13.21%), Vitamin K: 12.53µg (11.94%), Selenium: 7.78µg (11.12%), Copper: 0.2mg (10.05%), Fiber: 2.47g (9.86%), Phosphorus: 89.98mg (9%), Folate: 35.2µg (8.8%), Magnesium: 28.76mg (7.19%), Potassium: 250.99mg (7.17%), Vitamin E: 1.05mg (7.03%), Iron: 1.23mg (6.82%), Vitamin B5: 0.65mg (6.52%), Vitamin B1: 0.09mg (6.19%), Vitamin B3: 1.18mg (5.89%), Calcium: 55.33mg (5.53%), Zinc: 0.76mg (5.06%), Vitamin B2: 0.07mg (4.07%)