

Taco Rice

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce olives black drained chopped canned
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 1.5 cups rice instant uncooked
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 ounce taco seasoning

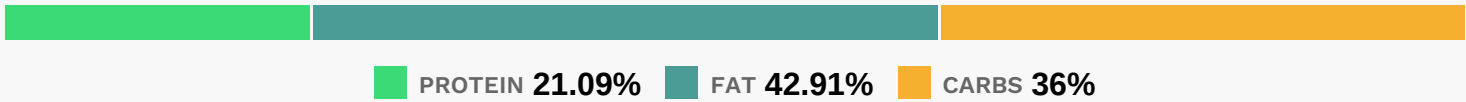
Equipment

pot

Directions

- In a large pot, bring chicken broth, tomato sauce, and taco seasoning to a boil.
- Stir rice into the pot, cover and remove from heat.
- Let the pot stand, covered, for 5 minutes.
- Stir in cheese and olives; mix well.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:33.3, Glycemic Load:34.54, Inflammation Score:-8, Nutrition Score:20.828260789747%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 761.04kcal (38.05%), Fat: 36.22g (55.72%), Saturated Fat: 14.56g (90.97%), Carbohydrates: 68.37g (22.79%), Net Carbohydrates: 63.89g (23.23%), Sugar: 5.71g (6.35%), Cholesterol: 113.56mg (37.85%), Sodium: 2205.33mg (95.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.05g (80.1%), Selenium: 40.23µg (57.47%), Phosphorus: 427.11mg (42.71%), Manganese: 0.82mg (41.23%), Vitamin A: 1900.68IU (38.01%), Calcium: 321.67mg (32.17%), Zinc: 4.69mg (31.29%), Vitamin B12: 1.45µg (24.13%), Vitamin B2: 0.4mg (23.4%), Vitamin E: 3.27mg (21.81%), Vitamin B3: 4.31mg (21.54%), Vitamin B6: 0.42mg (21.04%), Fiber: 4.49g (17.95%), Iron: 3.21mg (17.82%), Copper: 0.34mg (17%), Magnesium: 63.43mg (15.86%), Potassium: 516.9mg (14.77%), Vitamin B5: 1.2mg (11.98%), Vitamin C: 7.68mg (9.3%), Vitamin B1: 0.09mg (6.05%), Vitamin K: 6.16µg (5.86%), Folate: 23.37µg (5.84%), Vitamin D: 0.27µg (1.82%)