

# Texas Hash

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**344 kcal**

SIDE DISH

## Ingredients

- 8 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 2 tablespoons chili powder
- 1 large bell pepper green chopped
- 1 cup rice instant uncooked
- 1 pound ground beef lean
- 2 onions chopped
- 3 slices processed american cheese

- 6 servings salt and pepper to taste
- 1 cup water
- 8.8 ounce kernel corn whole drained canned

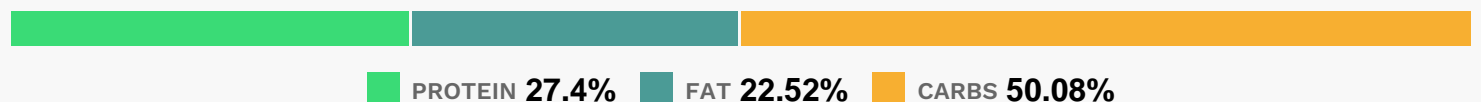
## Equipment

- frying pan
- sauce pan
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart (8 inch round) casserole dish.
- In a medium saucepan, bring 1 cup of water to a boil. Stir in instant rice, cover and remove from heat.
- Let sit for 5 minutes.
- In a medium skillet over high heat, brown ground beef with onions and green pepper. Stir in diced tomatoes, tomato sauce and chili powder. Simmer for 20 minutes.
- Stir cooked rice into the beef mixture.
- Mix in the corn, salt and pepper.
- Pour the mixture into prepared casserole dish.
- Cut the American cheese slices in half and place over the top.
- Bake in preheated oven for 15 to 20 minutes or until cheese is melted and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:34.7, Glycemic Load:17.83, Inflammation Score:-8, Nutrition Score:21.253913006057%

## Flavonoids

Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

## **Nutrients (% of daily need)**

Calories: 344.31kcal (17.22%), Fat: 8.68g (13.36%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 39.16g (14.24%), Sugar: 7.04g (7.82%), Cholesterol: 57.37mg (19.12%), Sodium: 805.67mg (35.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.53%), Vitamin C: 34.36mg (41.65%), Zinc: 5.05mg (33.64%), Vitamin B3: 6.67mg (33.36%), Manganese: 0.66mg (33.14%), Vitamin B6: 0.65mg (32.67%), Phosphorus: 325.63mg (32.56%), Vitamin B12: 1.85µg (30.85%), Selenium: 21.3µg (30.42%), Vitamin A: 1302.73IU (26.05%), Potassium: 825.26mg (23.58%), Iron: 4.09mg (22.72%), Vitamin E: 2.86mg (19.04%), Copper: 0.38mg (18.9%), Calcium: 175.84mg (17.58%), Fiber: 4.29g (17.14%), Vitamin B2: 0.27mg (15.91%), Magnesium: 61.76mg (15.44%), Vitamin B5: 1.24mg (12.43%), Vitamin B1: 0.16mg (10.66%), Folate: 41.83µg (10.46%), Vitamin K: 10.21µg (9.72%)