



Texas Rice

 **Gluten Free**

READY IN



60 min.

SERVINGS



10

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 28 ounce canned tomatoes diced peeled canned
- 0.5 bell pepper green seeded chopped
- 1.5 pounds ground beef
- 0.3 teaspoon pepper black
- 1 onion chopped
- 1.5 teaspoons salt
- 1.5 cups cheddar cheese shredded

- 3 cups water
- 2 cups rice long grain white uncooked
- 2 cups rice long grain white uncooked

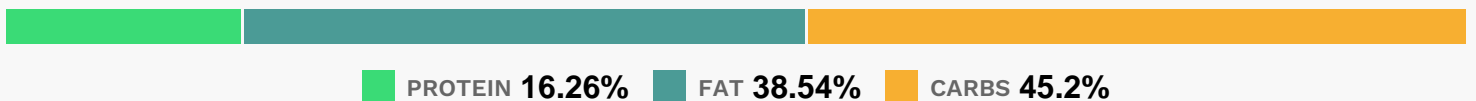
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Combine rice and water in a saucepan, and bring to a boil. Reduce heat, cover and simmer for 20 minutes.
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, reserving 2 tablespoons of drippings, crumble and set aside.
- Add ground beef, green pepper, and onion to the skillet; cook over medium-high heat until the beef is evenly browned.
- Drain excess grease, and season with salt and pepper.
- Preheat the oven to 400 degrees F (200 degrees C).
- Place beef and cooked rice into a 9x13 inch baking dish. Stir in the tomatoes, bacon and reserved drippings, mixing until everything is well blended.
- Spread the shredded cheese over the top.
- Bake for 30 minutes in the preheated oven, until cheese is bubbly, and the center is heated through.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:37.6, Inflammation Score:-5, Nutrition Score:18.453478336334%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 598.24kcal (29.91%), Fat: 25.34g (38.99%), Saturated Fat: 10.4g (65.02%), Carbohydrates: 66.87g (22.29%), Net Carbohydrates: 64.1g (23.31%), Sugar: 4.25g (4.72%), Cholesterol: 73.97mg (24.66%), Sodium: 705.3mg (30.67%), Alcohol: 0g (100%), Protein: 24.05g (48.11%), Manganese: 0.99mg (49.45%), Selenium: 29.36µg (41.95%), Phosphorus: 319.1mg (31.91%), Zinc: 4.68mg (31.19%), Vitamin B12: 1.7µg (28.36%), Vitamin B3: 5.61mg (28.06%), Vitamin B6: 0.53mg (26.68%), Copper: 0.38mg (19.06%), Calcium: 186.14mg (18.61%), Iron: 3.08mg (17.09%), Potassium: 567.78mg (16.22%), Vitamin B2: 0.27mg (15.79%), Vitamin C: 12.9mg (15.64%), Vitamin B5: 1.48mg (14.76%), Magnesium: 54.6mg (13.65%), Vitamin B1: 0.19mg (12.7%), Fiber: 2.77g (11.08%), Vitamin E: 1.56mg (10.41%), Vitamin A: 367.9IU (7.36%), Folate: 27.25µg (6.81%), Vitamin K: 6.48µg (6.17%), Vitamin D: 0.22µg (1.48%)