



Tomato and Red Pepper Rice (Arroz con Tomate y Pimentón)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 cup bell pepper red sliced
- ☐ 2 cups rice long-grain
- ☐ 6 servings salt
- ☐ 1 cup tomato purée
- ☐ 1 vegetable bouillon tablet

- ☐ 4 cups water
- ☐ 2 tablespoons onion white chopped

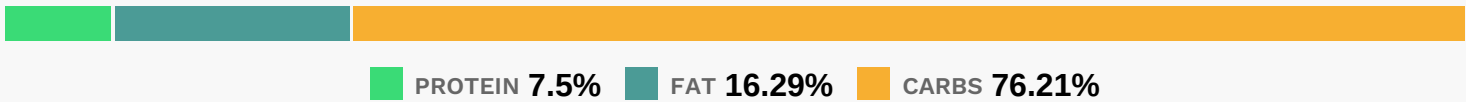
Equipment

- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Heat the olive oil in a pot.
- ☐ Add the onions, garlic and red bell pepper and cook until onions are translucent, stirring occasionally, about 5 to 7 minutes.
- ☐ Add the rice, stir with a wooden spoon to coat well, and cook for 1 minute.
- ☐ Add the water, vegetable bouillon, tomato puree and salt. Bring to a boil, stir and decrease the heat to low.Cover and cook for about 20 minutes or until the water is absorbed and the rice is tender.
- ☐ Remove from the heat and let rest for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:32.53, Glycemic Load:30.1, Inflammation Score:-7, Nutrition Score:10.846521802571%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 291.47kcal (14.57%), Fat: 5.25g (8.07%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 55.2g (18.4%), Net Carbohydrates: 52.98g (19.27%), Sugar: 3.37g (3.75%), Cholesterol: 0mg (0%), Sodium: 218.96mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Vitamin C: 36.82mg (44.63%), Manganese: 0.79mg (39.29%), Vitamin A: 1000.7IU (20.01%), Copper: 0.29mg (14.67%), Selenium: 9.73µg (13.9%), Vitamin E: 1.99mg

(13.29%), Vitamin B6: 0.24mg (11.93%), Phosphorus: 96.57mg (9.66%), Vitamin B3: 1.88mg (9.39%), Potassium: 321.97mg (9.2%), Vitamin B5: 0.9mg (9.03%), Fiber: 2.22g (8.88%), Iron: 1.42mg (7.89%), Magnesium: 30.48mg (7.62%), Zinc: 0.92mg (6.13%), Folate: 21.81µg (5.45%), Vitamin K: 5.59µg (5.33%), Vitamin B2: 0.09mg (5.16%), Vitamin B1: 0.07mg (4.67%), Calcium: 33.44mg (3.34%)