



Trio Rice Medley

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.3 cup four cheese shredded mexican style kraft finely
- 0.3 cup knudsen cream sour
- 4 cups chicken broth fat-free reduced-sodium
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 2 Tbsp oil
- 1 small onion chopped
- 0.3 cup parsley and cilantro fresh

- 1 poblano chile peeled cut into thin strips
- 1 pkt. seasoning with cilantro and tomato
- 0.5 cup classic vegetable blend mixed diced frozen cooked (corn, carrots, peas and cut green beans)
- 2 cups rice long-grain white uncooked

Equipment

- frying pan
- sauce pan
- blender

Directions

- Heat oil in large saucepan.
- Add onions and rice; cook and stir 3 min.
- Add broth; bring to boil. Cover; simmer on low heat 20 min. or until broth is absorbed.
- Blend dressing, parsley and cilantro in blender until smooth.
- Mix with 1/3 of the rice; spoon onto ovenproof platter. Cover to keep warm.
- Mix contents of seasoning packet with half the remaining rice. Stir in vegetables and bacon; spoon next to green rice on platter. Top remaining rice (in skillet) with remaining ingredients; cover with lid. Cook until cheese is melted. Spoon next to other mounds of rice on platter.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:5.26, Inflammation Score:-2, Nutrition Score:1.9813043442757%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 70.09kcal (3.5%), Fat: 2.8g (4.3%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 9.09g (3.31%), Sugar: 0.37g (0.41%), Cholesterol: 3.7mg (1.23%), Sodium: 140.63mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Manganese: 0.13mg (6.68%), Selenium: 3.08µg (4.4%), Vitamin C: 3.2mg (3.88%), Vitamin A: 175.1IU (3.5%), Phosphorus: 27.83mg (2.78%), Vitamin B3: 0.47mg (2.36%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 1.89µg (1.8%), Copper: 0.04mg (1.8%), Vitamin B5: 0.17mg (1.73%), Calcium: 15.48mg (1.55%), Vitamin B1: 0.02mg (1.54%), Vitamin E: 0.22mg (1.44%), Zinc: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.42%), Fiber: 0.35g (1.39%), Vitamin B12: 0.08µg (1.32%), Potassium: 43.84mg (1.25%), Magnesium: 4.97mg (1.24%), Iron: 0.19mg (1.05%)