



(Web Exclusive) Round 2 : Mexican Fried Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 strips bacon chopped
- ☐ 14.5 ounce beans red drained and rinsed canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon chili seasoning
- ☐ 1 tablespoon freshly cilantro leaves chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 cup regular corn frozen thawed

- ☐ 1 tablespoon garlic chopped
- ☐ 1 jalapeno diced seeds removed and
- ☐ 0.5 medium onion diced red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2.3 cups water
- ☐ 1.5 cups rice long-grain white
- ☐ 1 tablespoon vinegar white
- ☐ 1 bell pepper diced yellow

Equipment

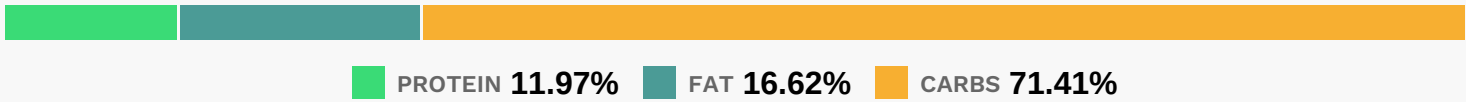
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large skillet, over medium heat, fry the bacon until just crisp.
- ☐ Add the jalapenos and saute until slightly softened. Stir in the Zesty Rice Salad and cook until rice is heated through.
- ☐ Add corn, diced tomatoes, and chili seasoning. Continue to fry on medium heat until corn is cooked and tomatoes are hot. Season with salt and pepper, to taste.
- ☐ Sprinkle with chopped cilantro before serving.
- ☐ Heat oil over medium heat in a medium sauce pot.
- ☐ Add garlic, and rice and saute for 2 minutes until rice is toasted.
- ☐ Add 2 1/4 cups water, chili seasoning and season with a pinch of salt and pepper and bring to a boil. Cover, reduce heat to low and simmer for 15 minutes.
- ☐ Remove to a baking sheet and let cool.
- ☐ In a large bowl combine onion, yellow pepper, cooled rice, beans, vinegar and cilantro.

Mix well and serve.

Nutrition Facts



Properties

Glycemic Index:100.3, Glycemic Load:41.16, Inflammation Score:-8, Nutrition Score:24.50913047661%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 510.06kcal (25.5%), Fat: 9.63g (14.82%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 93.1g (31.03%), Net Carbohydrates: 82.36g (29.95%), Sugar: 7.44g (8.26%), Cholesterol: 7.26mg (2.42%), Sodium: 486.71mg (21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.21%), Vitamin C: 73.7mg (89.33%), Manganese: 1.44mg (72.07%), Fiber: 10.74g (42.96%), Copper: 0.6mg (29.9%), Vitamin B6: 0.6mg (29.86%), Phosphorus: 294.33mg (29.43%), Potassium: 933.33mg (26.67%), Vitamin A: 1200.34IU (24.01%), Magnesium: 93.93mg (23.48%), Iron: 4.09mg (22.74%), Vitamin B3: 4.53mg (22.64%), Vitamin B1: 0.33mg (22.23%), Selenium: 15.36µg (21.94%), Folate: 74.48µg (18.62%), Vitamin E: 2.69mg (17.91%), Zinc: 2.28mg (15.22%), Vitamin K: 15.15µg (14.43%), Vitamin B5: 1.44mg (14.41%), Vitamin B2: 0.24mg (14.08%), Calcium: 105.66mg (10.57%)