



Western Hash

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

READY IN



40 min.

SERVINGS



40

CALORIES



50 kcal

SIDE DISH

Ingredients

- 28 oz canned tomatoes diced undrained canned
- 1 medium bell pepper green chopped
- 1 lb ground beef
- 1 small onion chopped
- 1 cup rice long-grain white uncooked
- 8 oz velveeta sliced
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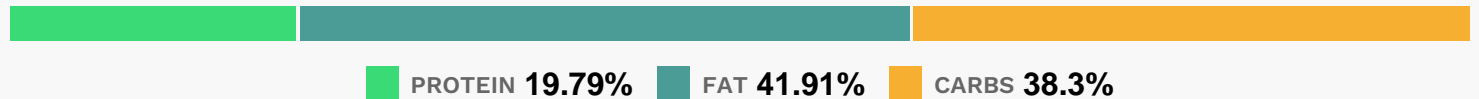
Equipment

frying pan

Directions

- Brown meat in large skillet on medium-high heat; drain.
- Add tomatoes with their liquid, rice, green pepper and onion; stir. Cover. Reduce heat to medium-low; simmer 25 minutes, stirring occasionally.
- Top with VELVEETA; continue cooking, covered, until VELVEETA is melted.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:2.129999993288%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 50.35kcal (2.52%), Fat: 2.33g (3.59%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.45g (1.62%), Sugar: 0.62g (0.69%), Cholesterol: 8.05mg (2.68%), Sodium: 36.37mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Vitamin C: 4.37mg (5.29%), Vitamin B12: 0.24µg (4.04%), Vitamin B6: 0.08mg (3.75%), Zinc: 0.56mg (3.73%), Manganese: 0.07mg (3.63%), Vitamin B3: 0.71mg (3.55%), Selenium: 2.43µg (3.47%), Phosphorus: 28.11mg (2.81%), Iron: 0.46mg (2.57%), Potassium: 81.01mg (2.31%), Vitamin B2: 0.03mg (1.84%), Copper: 0.03mg (1.67%), Magnesium: 5.74mg (1.43%), Fiber: 0.34g (1.36%), Vitamin E: 0.2mg (1.32%), Vitamin B5: 0.13mg (1.32%), Vitamin B1: 0.02mg (1.3%), Calcium: 10.19mg (1.02%)