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*Our Heart "Beets" Plant Strong*

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## Spanish Rice

### Ingredients:

- 1 cup brown rice (measured dry)
- 2 cup fresh tomatoes, chopped
- 1 onion, diced fine
- 4 cloves garlic, diced fine
- 1 hot pepper, diced fine
- 1 red bell pepper, diced fine
- 1 yellow bell pepper, diced fine
- 1 tsp cumin
- 2 tsp chili powder
- 1 tsp paprika

### Directions:

1. Cook rice in instant pot or on stove.
2. Wash & prepare all vegetables, place in a skillet with a small amount of water, and sauté until soft.
3. Once rice has finished cooking, add veggies and spices to the rice dish and mix well.

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 227</b>	
% Daily Value *	
<b>Total Fat</b> 2 g	<b>3 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 39 mg	<b>2 %</b>
<b>Potassium</b> 612 mg	<b>17 %</b>
<b>Total Carbohydrate</b> 49 g	<b>16 %</b>
<b>Dietary Fiber</b> 5 g	<b>22 %</b>
<b>Sugars</b> 3 g	
<b>Protein</b> 6 g	<b>12 %</b>
Vitamin A	<b>35 %</b>
Vitamin C	<b>254 %</b>
Calcium	<b>13 %</b>
Iron	<b>10 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	