

Nando's Portuguese Spicy Rice

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-rice-recipe-emeril-lagasse>

Ingredients:

- 1 cup rice
- 2 cups water
- 1/3 cup frozen peas
- 1/2 bell pepper diced
- 1/2 onion diced
- 1 garlic minced
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1 teaspoon turmeric
- 1 tablespoon olive oil
- salt to taste

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 19 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 210 milligrams
8. Sugar: 2 grams

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