

## Beans and Rice

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4.5 ounce chiles green drained chopped canned
- 1 pound ground beef
- 1.5 tablespoons ground cumin
- 1 teaspoon hot sauce
- 1 medium onion chopped
- 14 ounce refried beans canned
- 0.3 teaspoon salt
- 1 tablespoon lawry's seasoned salt

- 1 teaspoon soya sauce
- 0.5 cup water
- 1.5 cups rice long grain white uncooked
- 1 teaspoon worcestershire sauce
- 1 tablespoon mustard yellow prepared

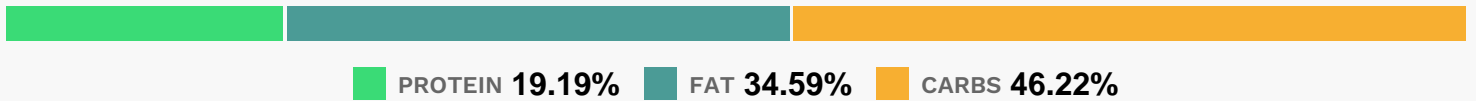
## Equipment

- frying pan
- pot

## Directions

- Bring the rice and 3 cups water to a boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.
- Place the ground beef in a large skillet over medium heat, and cook until evenly brown.
- Drain grease.
- Mix in onion, refried beans, and green chiles. Stir in water, mustard, soy sauce, Worcestershire sauce, and hot sauce. Season with cumin, seasoned salt, and salt. Reduce heat to low, and cook 25 minutes, stirring often.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:29.86, Glycemic Load:24.39, Inflammation Score:-3, Nutrition Score:12.72086951007%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 425.54kcal (21.28%), Fat: 15.92g (24.5%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 47.89g (15.96%), Net Carbohydrates: 43.56g (15.84%), Sugar: 2.68g (2.98%), Cholesterol: 53.68mg (17.89%), Sodium: 1895.58mg (82.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.75%), Manganese: 0.6mg (30.17%), Selenium: 19.42µg (27.75%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.81mg (25.43%), Iron: 3.88mg (21.55%), Vitamin B3: 4.22mg (21.11%), Phosphorus: 192.45mg (19.24%), Vitamin B6: 0.38mg (18.94%), Fiber: 4.33g (17.31%), Vitamin C: 9.38mg (11.37%), Potassium: 350.01mg (10%), Vitamin B2: 0.16mg (9.16%), Vitamin B5: 0.9mg (9.01%), Copper: 0.18mg (8.88%), Magnesium: 34.58mg (8.65%), Calcium: 78.49mg (7.85%), Folate: 24.58µg (6.15%), Vitamin B1: 0.09mg (6.07%), Vitamin E: 0.42mg (2.83%), Vitamin A: 104.76IU (2.1%), Vitamin K: 1.62µg (1.55%)