



Beef-Taco Rice With Refried Beans

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounce cheddar cheese reduced-fat
- ☐ 1 cup bell pepper green chopped
- ☐ 1 pound ground round
- ☐ 4 cups rice instant uncooked
- ☐ 1 cup onion chopped
- ☐ 16 ounce refried beans fat-free canned
- ☐ 0.3 teaspoon salt

- ☐ 1.3 ounce taco seasoning divided
- ☐ 16 ounce no-salt-added tomato sauce canned
- ☐ 4 cups water

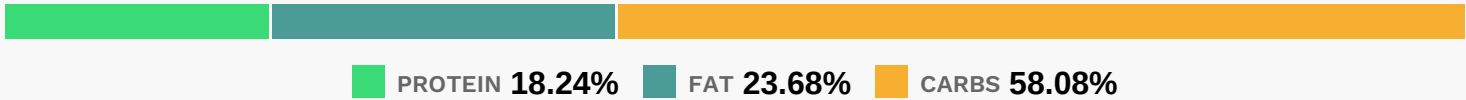
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large saucepan; add half of the taco seasoning. Bring to a boil.
- ☐ Remove from heat. Stir in rice; cover and let stand for 5 minutes. Stir in tomato sauce.
- ☐ Cook meat in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain; return meat to pan. Stir in remaining taco seasoning.
- ☐ Spread half of rice mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Spread beans evenly over rice mixture; top with beef mixture and half of cheese.
- ☐ Spread the remaining rice mixture over cheese; top with remaining cheese.
- ☐ Bake at 350 for 10 minutes or until the cheese melts.

Nutrition Facts



Properties

Glycemic Index:24.12, Glycemic Load:38.09, Inflammation Score:-7, Nutrition Score:16.649130551711%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 499.91kcal (25%), Fat: 12.91g (19.87%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 71.25g (23.75%), Net Carbohydrates: 66.5g (24.18%), Sugar: 4.61g (5.13%), Cholesterol: 52.16mg (17.39%), Sodium: 1007.65mg (43.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Manganese: 0.91mg (45.29%), Selenium: 25.48µg (36.4%), Phosphorus: 292.38mg (29.24%), Zinc: 3.97mg (26.45%), Vitamin C: 17.93mg (21.74%), Calcium: 216.09mg (21.61%), Vitamin B12: 1.24µg (20.71%), Vitamin B3: 4.04mg (20.18%), Vitamin B6: 0.4mg (20.08%), Fiber: 4.75g (19.01%), Vitamin A: 849.46IU (16.99%), Iron: 2.82mg (15.65%), Vitamin B2: 0.25mg (14.42%), Copper: 0.29mg (14.35%), Vitamin B5: 1.29mg (12.89%), Potassium: 432.99mg (12.37%), Magnesium: 44.62mg (11.16%), Vitamin E: 1.11mg (7.39%), Vitamin B1: 0.1mg (6.95%), Folate: 22.03µg (5.51%), Vitamin K: 3.5µg (3.33%), Vitamin D: 0.18µg (1.21%)