

food
network



HEALTH SCORE

72%

Black and Red Fiesta Beans with Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 11 ounce regular corn drained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 cups brown rice instant

- ☐ 1 tablespoon onion flakes
- ☐ 1 teaspoon oregano dried
- ☐ 15 ounce kidney beans white red rinsed drained canned
- ☐ 0.5 cup salsa prepared
- ☐ 4 servings salt and pepper black freshly ground

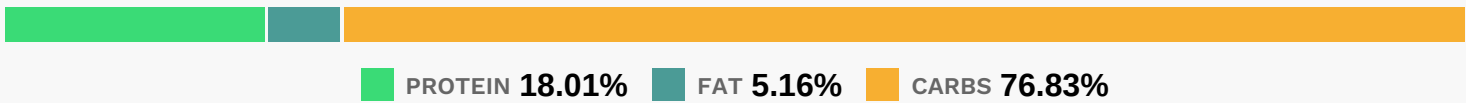
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook rice according to package directions. Meanwhile, combine remaining ingredients in a large saucepan and set pan over medium-high heat. Bring to a simmer. Simmer until rice is cooked. Fold in rice and season to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:3.47, Inflammation Score:-9, Nutrition Score:27.972173939581%

Nutrients (% of daily need)

Calories: 486.96kcal (24.35%), Fat: 2.83g (4.36%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 94.88g (31.63%), Net Carbohydrates: 77.89g (28.33%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 1024.69mg (44.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Folate: 354.66µg (88.67%), Manganese: 1.38mg (68.77%), Fiber: 16.98g (67.93%), Vitamin B1: 0.77mg (51.27%), Iron: 8.99mg (49.96%), Phosphorus: 380.79mg (38.08%), Potassium: 1162.63mg (33.22%), Copper: 0.64mg (32.06%), Vitamin B3: 5.92mg (29.59%), Magnesium: 116.28mg (29.07%), Selenium: 19.42µg (27.74%), Vitamin B6: 0.39mg (19.53%), Vitamin K: 19.67µg (18.74%), Zinc: 2.76mg (18.43%), Vitamin B2: 0.27mg (15.85%), Vitamin C: 11.29mg (13.68%), Calcium: 126.3mg (12.63%), Vitamin A: 486.07IU (9.72%), Vitamin E: 1.44mg (9.6%), Vitamin B5: 0.88mg (8.82%)