



Black Bean-and-Brown Rice Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

Ingredients

- ☐ 0.3 cup brown rice uncooked
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.8 cup corn kernels frozen thawed
- ☐ 4 oz chiles diced green canned
- ☐ 3 green onions chopped
- ☐ 6 servings nonfat yogurt plain sour
- ☐ 0.3 teaspoon pepper
- ☐ 3 pita bread rounds halved
- ☐ 6 servings romaine lettuce leaves

- ☐ 0.5 cup salsa fresh
- ☐ 6 servings salsa fresh
- ☐ 1 teaspoon salt
- ☐ 0.7 cup water

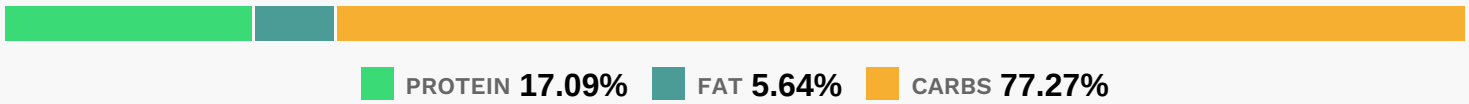
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 2/3 cup water to a boil in a small saucepan; stir in rice. Cover, reduce heat, and simmer 35 to 40 minutes or until water is absorbed and rice is tender. Cool.
- ☐ Combine rice, black beans, green chiles, and next 5 ingredients in a large bowl; gently toss. Cover and chill, if desired.
- ☐ Line each pita half with lettuce. Spoon rice mixture evenly into each half. Top with plain yogurt and additional Fresh Salsa.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:19.14, Inflammation Score:-10, Nutrition Score:23.271304248792%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 230.11kcal (11.51%), Fat: 1.5g (2.31%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 36.63g (13.32%), Sugar: 4.18g (4.65%), Cholesterol: 0.02mg (0.01%), Sodium: 1289.21mg (56.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.43%), Vitamin A: 7757.32IU (155.15%), Vitamin K: 101.94µg (97.08%), Folate: 191.58µg (47.89%), Manganese: 0.93mg (46.6%), Fiber: 9.52g (38.1%), Vitamin B1: 0.31mg (20.73%), Potassium: 697.3mg (19.92%), Phosphorus: 189.67mg (18.97%), Iron: 3.39mg (18.81%), Magnesium: 72.36mg (18.09%), Vitamin C: 14.26mg (17.29%), Copper: 0.31mg (15.28%), Vitamin B6: 0.29mg (14.71%), Vitamin B3:

2.72mg (13.59%), Vitamin B2: 0.22mg (13.06%), Calcium: 110.57mg (11.06%), Zinc: 1.25mg (8.36%), Vitamin B5: 0.73mg (7.29%), Vitamin E: 0.82mg (5.45%), Selenium: 2µg (2.86%)