



Cheesy Bean and Rice Casserole

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce kidney beans drained canned
- 0.3 teaspoon chili powder
- 0.3 cup breadcrumbs dry fine
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper
- 0.3 teaspoon hot sauce
- 0.7 cup process cheese product light cubed
- 0.3 teaspoon salt

- 12 ounce evaporated skimmed milk canned
- 16 ounce rice and vegetable pilaf blend frozen

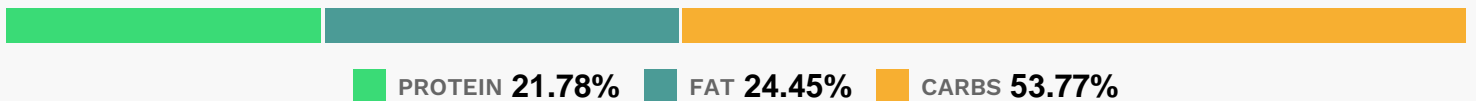
Equipment

- sauce pan
- baking pan
- microwave

Directions

- Cook rice blend according to package directions; drain and set aside.
- While rice blend cooks, combine flour and 1/2 cup milk; stir until smooth.
- Combine flour mixture, remaining 1 cup milk, salt, pepper, and hot sauce in a medium saucepan; stir well. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly.
- Remove from heat and add cheese; stir until cheese melts.
- Combine rice blend, cheese mixture, and beans in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- Combine breadcrumbs and chili powder; sprinkle over rice mixture. Coat with cooking spray and microwave at HIGH 9 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:66.06, Glycemic Load:13.8, Inflammation Score:-10, Nutrition Score:22.4104347229%

Nutrients (% of daily need)

Calories: 315.18kcal (15.76%), Fat: 8.88g (13.65%), Saturated Fat: 4.54g (28.35%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 33.27g (12.1%), Sugar: 7.23g (8.03%), Cholesterol: 25.88mg (8.63%), Sodium: 953.73mg (41.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.59%), Vitamin A: 6190.51IU (123.81%), Phosphorus: 435.95mg (43.6%), Calcium: 429.27mg (42.93%), Fiber: 10.65g (42.61%), Manganese: 0.7mg (35.22%), Vitamin B1: 0.4mg (26.49%), Vitamin B2: 0.38mg (22.41%), Potassium: 711.37mg (20.32%), Magnesium: 79.53mg

(19.88%), Folate: 78.25µg (19.56%), Iron: 3.09mg (17.16%), Selenium: 11.04µg (15.77%), Vitamin C: 12.83mg (15.55%), Zinc: 2.26mg (15.1%), Copper: 0.3mg (14.99%), Vitamin B12: 0.87µg (14.45%), Vitamin B3: 2.75mg (13.74%), Vitamin B6: 0.27mg (13.45%), Vitamin B5: 0.78mg (7.78%), Vitamin D: 1.08µg (7.17%), Vitamin K: 5.76µg (5.49%), Vitamin E: 0.26mg (1.77%)