



## Cheesy Mexican Skillet Rice

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



336 kcal

SIDE DISH

### Ingredients

- 15 ounce black beans rinsed drained canned
- 1.8 cup chicken stock see
- 1 teaspoon chili powder
- 3 cloves garlic finely chopped
- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 1 onion finely chopped
- 1 cup sharp cheddar grated

- 1 teaspoon paprika smoked
- 2 tablespoons tomato paste
- 1 cup rice long grain white

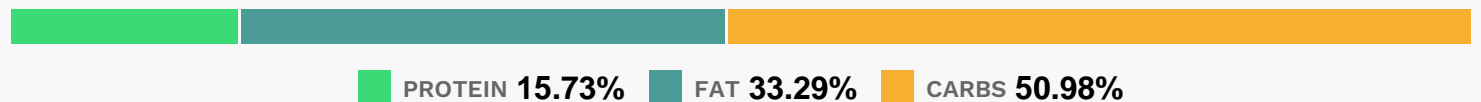
## Equipment

- frying pan
- oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Heat the olive oil in a large ovenproof skillet over medium-high heat. Once hot, add the garlic and onions and saute until soft, about 3 minutes. Stir in the rice and cook, while stirring, to toast.
- Add the tomato paste, chili powder, smoked paprika and salt and pepper to taste, and stir until it's well blended with the rice.
- Add the chicken stock and the black beans and bring to a boil. Reduce the heat to a simmer, cover with a lid and cook on low until the rice is tender and the chicken stock is absorbed, about 15 minutes. Turn off the heat and let the rice steam, covered, for 5 minutes.
- Remove the lid and fluff the rice with a fork.
- Sprinkle the cheese on top and bake until the cheese is melted, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:39.53, Glycemic Load:15.86, Inflammation Score:-6, Nutrition Score:12.119565134463%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 336.4kcal (16.82%), Fat: 12.46g (19.18%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 36.83g (13.39%), Sugar: 2.71g (3.01%), Cholesterol: 20.93mg (6.98%), Sodium: 545.9mg (23.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.51%), Manganese: 0.59mg (29.55%), Fiber: 6.11g (24.44%), Phosphorus: 231.4mg (23.14%), Selenium: 13.13µg (18.75%), Calcium: 179.9mg (17.99%), Vitamin B2: 0.26mg (15.58%), Folate: 57.6µg (14.4%), Copper: 0.29mg (14.3%), Potassium: 444.09mg (12.69%), Iron: 2.16mg (11.99%), Vitamin B3: 2.32mg (11.59%), Magnesium: 46.11mg (11.53%), Vitamin B1: 0.17mg (11.16%), Zinc: 1.62mg (10.8%), Vitamin A: 539.04IU (10.78%), Vitamin B6: 0.21mg (10.59%), Vitamin E: 1.33mg (8.85%), Vitamin C: 5.05mg (6.12%), Vitamin B5: 0.57mg (5.73%), Vitamin K: 4.92µg (4.69%), Vitamin B12: 0.2µg (3.33%)