



## Cheesy Rice 'N Beans

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15.5 oz kidney beans red rinsed drained canned
- 20 oz tomatoes and chiles diced green undrained canned
- 16 oz pd of ground turkey frozen thawed
- 1 cup rice white instant uncooked
- 4 milk monterey jack singles 2% kraft
- 0.5 cup water

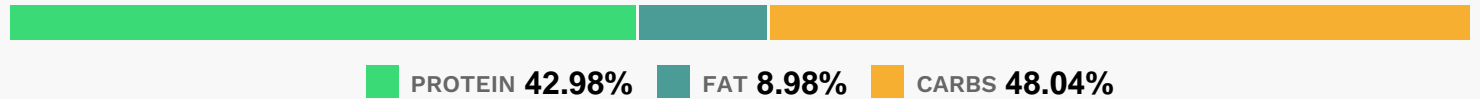
## Equipment

- frying pan

## Directions

- Cook and stir turkey in large nonstick skillet on medium heat until no longer pink; drain.
- Add tomatoes with their liquid, the beans, rice and water; mix well. Cover. Cook until liquid is absorbed, stirring occasionally.
- Top with Singles; cover.
- Let stand until Singles are melted.

## Nutrition Facts



## Properties

Glycemic Index:5.27, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:6.3591304162274%

## Nutrients (% of daily need)

Calories: 86.8kcal (4.34%), Fat: 0.88g (1.35%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 8.54g (3.1%), Sugar: 1.45g (1.61%), Cholesterol: 16.87mg (5.62%), Sodium: 96.76mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.93%), Vitamin B3: 3.75mg (18.76%), Vitamin B6: 0.33mg (16.59%), Selenium: 9.21µg (13.16%), Phosphorus: 114.83mg (11.48%), Manganese: 0.17mg (8.63%), Fiber: 2.04g (8.16%), Vitamin B1: 0.12mg (8%), Iron: 1.33mg (7.38%), Folate: 28.87µg (7.22%), Potassium: 238.2mg (6.81%), Zinc: 0.86mg (5.72%), Magnesium: 22.67mg (5.67%), Copper: 0.1mg (4.91%), Vitamin C: 3.75mg (4.55%), Vitamin B2: 0.07mg (4.4%), Vitamin B5: 0.37mg (3.74%), Vitamin B12: 0.16µg (2.61%), Calcium: 24.61mg (2.46%), Vitamin K: 2.31µg (2.2%), Vitamin E: 0.29mg (1.91%), Vitamin A: 53.84IU (1.08%)