

Easy Mexican Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups brown rice uncooked
- ☐ 15.3 ounce kidney beans drained canned
- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 0.5 cup lettuce shredded
- ☐ 4 servings salt and pepper to taste
- ☐ 1 ounce taco seasoning
- ☐ 3 cups water

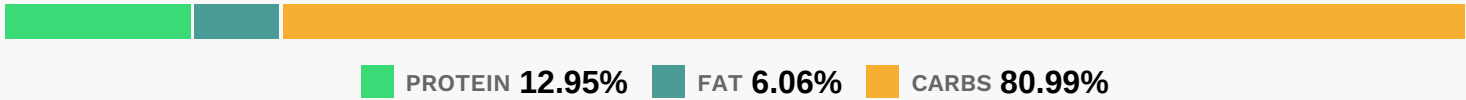
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan bring 3 cups water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 45 minutes.
- ☐ Remove from heat and let stand for 15 minutes.
- ☐ Stir in taco seasoning, kidney beans, tomato sauce, diced tomatoes, salt, pepper and lettuce.
- ☐ Cook over medium heat until heated through.

Nutrition Facts



Properties

Glycemic Index:56.44, Glycemic Load:39.8, Inflammation Score:-9, Nutrition Score:25.946521883426%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 418.46kcal (20.92%), Fat: 2.92g (4.49%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 87.69g (29.23%), Net Carbohydrates: 74.55g (27.11%), Sugar: 11.81g (13.13%), Cholesterol: 0mg (0%), Sodium: 1694.48mg (73.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Manganese: 3.3mg (164.75%), Fiber: 13.14g (52.55%), Magnesium: 173.22mg (43.31%), Phosphorus: 366.06mg (36.61%), Vitamin B6: 0.71mg (35.56%), Copper: 0.7mg (34.87%), Vitamin B1: 0.52mg (34.34%), Potassium: 1101.54mg (31.47%), Iron: 5.51mg (30.59%), Vitamin B3: 5.92mg (29.62%), Vitamin A: 1391.32IU (27.83%), Vitamin C: 21.2mg (25.7%), Vitamin E: 2.85mg (19.02%), Vitamin B5: 1.83mg (18.27%), Zinc: 2.65mg (17.68%), Folate: 67.89µg (16.97%), Vitamin K: 15.02µg (14.31%), Vitamin B2: 0.23mg (13.4%), Calcium: 111.74mg (11.17%), Selenium: 2.45µg (3.5%)