



Elegant Beans & Rice Over Greens



Vegetarian

READY IN



27 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cheese blue crumbled
- ☐ 32 oz butter beans undrained canned
- ☐ 1.5 cups vegetable stock
- ☐ 1 tablespoon flour
- ☐ 4 cloves garlic chopped
- ☐ 4 cups baby spinach fresh (baby spinach or arugula)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parsley chopped

- ☐ 0.3 teaspoon pepper
- ☐ 1 cup rice long grain
- ☐ 0.5 teaspoon salt
- ☐ 1 ginger tea bags reynolds®

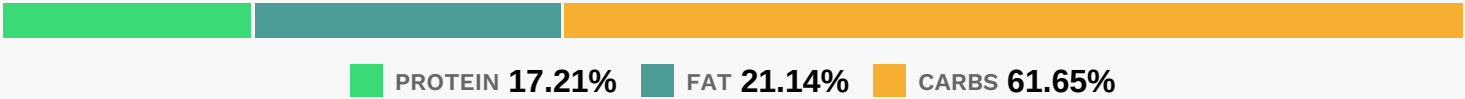
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400F.
- ☐ Place bag in 13x9x2-inch pan.
- ☐ Add garlic, flour, olive oil salt and pepper to Reynolds Oven Bag. Gently squeeze to blend ingredients.
- ☐ Add beans, rice, blue cheese and parsley to oven bag. Gently turn bags several times to mix ingredients. Arrange ingredients in an layer in bag. Fold down bag opening two times to hold it open; set aside.
- ☐ Microwave vegetable stock in a microwave-safe bowl or measuring cup for about 2 minutes on high power until stock is very hot. Carefully pour or ladle stock over ingredients in oven bag. Carefully unfold bag opening.
- ☐ Close bag with nylon tie.
- ☐ Cut six 1/2-inch slits in top near tie. Tuck ends of bag in pan.
- ☐ Bake 20 minutes or until rice is done.
- ☐ Let stand 5 minutes. Carefully cut bag open; stir. To serve, place 1 cup greens in each serving bowl; top with 1 1/4 cups rice and beans.
- ☐ Garnish with additional crumbled blue cheese and freshly ground black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:92.55, Glycemic Load:32.72, Inflammation Score:-10, Nutrition Score:30.736086816891%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 493.89kcal (24.69%), Fat: 11.67g (17.95%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 76.58g (25.53%), Net Carbohydrates: 64.04g (23.29%), Sugar: 1.16g (1.29%), Cholesterol: 18.98mg (6.33%), Sodium: 1727.17mg (75.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.75%), Vitamin K: 270.92µg (258.02%), Manganese: 1.69mg (84.47%), Vitamin A: 3826.69IU (76.53%), Fiber: 12.54g (50.16%), Folate: 199.35µg (49.84%), Phosphorus: 344.84mg (34.48%), Magnesium: 134.67mg (33.67%), Iron: 6mg (33.35%), Selenium: 22.24µg (31.77%), Copper: 0.58mg (29.19%), Calcium: 240.76mg (24.08%), Potassium: 841.68mg (24.05%), Vitamin C: 19.34mg (23.44%), Vitamin B6: 0.43mg (21.39%), Zinc: 2.94mg (19.61%), Vitamin B2: 0.27mg (16.08%), Vitamin B5: 1.57mg (15.71%), Vitamin B1: 0.22mg (14.34%), Vitamin B3: 2.04mg (10.19%), Vitamin E: 1.29mg (8.59%), Vitamin B12: 0.31µg (5.15%)