



Fiesta Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 1 cup black beans canned rinsed drained
- ☐ 0.5 cup kernel corn whole frozen thawed
- ☐ 16 ounce picante sauce pace®
- ☐ 2 cups quick-cooking brown rice uncooked
- ☐ 0.3 cup water

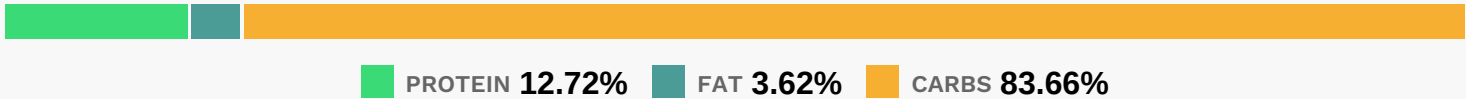
Equipment

- ☐ sauce pan

Directions

- ☐ Heat picante sauce and 1/4 cup water in a saucepan to a boil.
- ☐ Stir in rice, beans and corn. Cover and remove from heat.
- ☐ Let stand 5 minutes. Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:13.740434646606%

Nutrients (% of daily need)

Calories: 249.29kcal (12.46%), Fat: 1.01g (1.56%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 52.6g (17.53%), Net Carbohydrates: 46.78g (17.01%), Sugar: 4.34g (4.82%), Cholesterol: 0mg (0%), Sodium: 944.61mg (41.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8g (15.99%), Folate: 154.45µg (38.61%), Vitamin B1: 0.5mg (33.39%), Manganese: 0.66mg (33.12%), Selenium: 17.58µg (25.11%), Vitamin B3: 4.7mg (23.48%), Fiber: 5.83g (23.3%), Iron: 4.04mg (22.46%), Phosphorus: 141.15mg (14.12%), Vitamin B6: 0.28mg (13.78%), Potassium: 458.37mg (13.1%), Copper: 0.24mg (12.03%), Vitamin A: 546.03IU (10.92%), Magnesium: 40.29mg (10.07%), Vitamin E: 1.4mg (9.34%), Zinc: 1.13mg (7.52%), Vitamin B2: 0.1mg (6.04%), Calcium: 57.08mg (5.71%), Vitamin B5: 0.49mg (4.94%), Vitamin K: 4.81µg (4.58%), Vitamin C: 3.63mg (4.41%)