



Healthy 7 Layer Rice Bowls



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe cubed
- ☐ 1.5 tbsp basil chopped
- ☐ 0.8 cup black beans low sodium
- ☐ 1.5 tbsp cilantro leaves chopped
- ☐ 0.5 juice of lemon
- ☐ 9 tbsp cheddar cheese shredded low fat
- ☐ 0.8 cup nonfat greek yogurt plain
- ☐ 1 cup multigrain rice

- ☐ 0.8 cup salsa
- ☐ 2 tomatoes diced

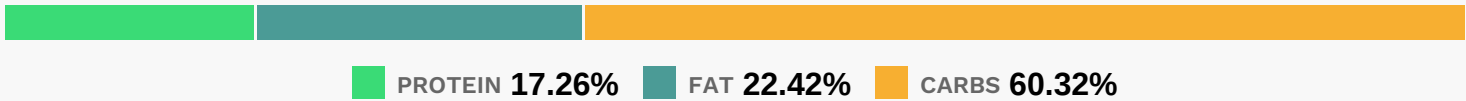
Equipment

- ☐ bowl

Directions

- ☐ Make rice according to package instructions. Once finished, allow time to cool and meanwhile prepare other ingredients. When rice is lukewarm, add to bottom layer of your bowls.
- ☐ Drain and rinse black beans.
- ☐ Add 1/4 cup on top of rice.
- ☐ In small bowl, mix yogurt and lemon.
- ☐ Add 1/4 cup of yogurt to each bowl, layered on top of black beans.
- ☐ Add 1/4 cup of salsa on top of yogurt layer.
- ☐ Add avocado on top of salsa, dividing equally amongst the three bowls.
- ☐ Add 3 tbsp cheese to each bowl.
- ☐ Add tomatoes on top of cheese, dividing evenly amongst three bowls.
- ☐ Add 1/2 tbsp of basil and 1/2 tbsp of cilantro to each bowl.

Nutrition Facts



Properties

Glycemic Index:90.4, Glycemic Load:32.96, Inflammation Score:-8, Nutrition Score:24.0065218735%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 491.35kcal (24.57%), Fat: 12.46g (19.18%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 75.44g (25.15%), Net Carbohydrates: 64.18g (23.34%), Sugar: 7.03g (7.81%), Cholesterol: 6.91mg (2.3%), Sodium: 585.49mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Manganese: 1.17mg (58.36%), Fiber: 11.26g (45.03%), Phosphorus: 378.34mg (37.83%), Folate: 147.25µg (36.81%), Vitamin K: 37.16µg (35.39%), Potassium: 1010.4mg (28.87%), Selenium: 18.69µg (26.7%), Vitamin B6: 0.53mg (26.6%), Vitamin A: 1320.89IU (26.42%), Vitamin C: 21.73mg (26.33%), Magnesium: 94.94mg (23.74%), Copper: 0.47mg (23.49%), Vitamin B2: 0.37mg (21.73%), Calcium: 211.98mg (21.2%), Vitamin B5: 2.08mg (20.82%), Vitamin B3: 3.74mg (18.68%), Vitamin E: 2.75mg (18.31%), Vitamin B1: 0.26mg (17.47%), Zinc: 2.53mg (16.85%), Iron: 2.49mg (13.83%), Vitamin B12: 0.45µg (7.55%)