



## Mexican Beef 'n' Rice

 Gluten Free

READY IN



24 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15.5 oz black beans drained and rinsed canned
- 6 servings toppings: cilantro fresh shredded chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1.5 pounds ground beef lean
- 1 tablespoon juice of lime fresh
- 8.5 oz whole-grain santa fe rice ready-to-serve
- 0.5 cup onion chopped
- 1 cup salsa refrigerated

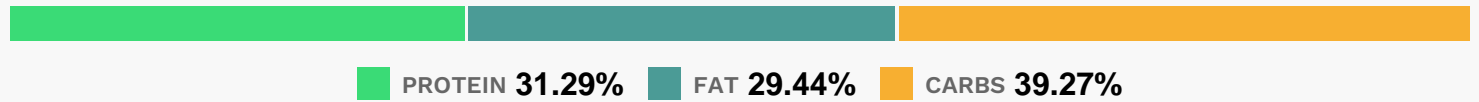
# Equipment

- frying pan

# Directions

- Cook ground beef and onion in a large skillet over medium-high heat, stirring often, 6 to 8 minutes or until meat crumbles and is no longer pink; drain. Wipe skillet clean.
- Combine ground beef mixture, beans, and next 3 ingredients in skillet, and cook 3 to 4 minutes or until thoroughly heated.
- Prepare Santa Fe rice according to package directions. Stir into beef mixture.
- Serve with desired toppings.
- Note: We tested with Uncle Ben's Ready Whole Grain Medley Santa Fe Rice.

# Nutrition Facts



# Properties

Glycemic Index:24.53, Glycemic Load:19.8, Inflammation Score:-6, Nutrition Score:23.842608752458%

# Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

# Nutrients (% of daily need)

Calories: 509.55kcal (25.48%), Fat: 16.45g (25.3%), Saturated Fat: 8.45g (52.83%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 42.75g (15.55%), Sugar: 2.41g (2.67%), Cholesterol: 100.31mg (33.44%), Sodium: 839.19mg (36.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.66%), Zinc: 7.82mg (52.12%), Selenium: 35.7µg (51%), Phosphorus: 505.36mg (50.54%), Vitamin B12: 2.86µg (47.64%), Vitamin B3: 7.85mg (39.24%), Manganese: 0.69mg (34.46%), Vitamin B6: 0.66mg (33.24%), Calcium: 274.82mg (27.48%), Fiber: 6.6g (26.38%), Iron: 4.67mg (25.97%), Vitamin B2: 0.44mg (25.91%), Potassium: 822.1mg (23.49%), Magnesium: 76.79mg (19.2%), Copper: 0.36mg (18.03%), Folate: 64.46µg (16.11%), Vitamin B5: 1.5mg (15.02%), Vitamin B1: 0.21mg (13.86%), Vitamin A: 522.04IU (10.44%), Vitamin E: 1.13mg (7.51%), Vitamin C: 4.57mg (5.54%), Vitamin K: 3.4µg

(3.24%), Vitamin D: 0.29 $\mu$ g (1.96%)