



Mexican Quinoa Bake

 **Gluten Free**

READY IN



85 min.

SERVINGS



7

CALORIES



184 kcal

SIDE DISH

Ingredients

- 0.5 cup no-salt-added kidney beans red canned rinsed
- 1 cup quinoa uncooked
- 1 bell pepper red cut into thin strips
- 1 cup taco bellâ® & chunky salsa thick
- 1 cup milk four cheese shredded 2% mexican style kraft finely
- 2 Tbsp taco bellâ® taco seasoning mix divided ()
- 2 cups water
- 1 zucchini green yellow cut into thin lengthwise strips

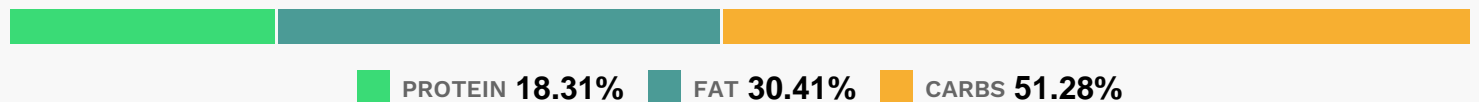
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Bring water and quinoa to boil in saucepan on high heat; simmer on medium-low heat 15 min. or until water is absorbed.
- Transfer to medium bowl; cool.
- Add beans and 1 Tbsp. taco seasoning; mix well.
- Spread onto bottom of 13x9-inch baking dish; cover with zucchini and peppers.
- Sprinkle with remaining taco seasoning; top with salsa.
- Bake 35 min. or until heated through. Top with cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:15.04, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:13.706086897332%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 183.59kcal (9.18%), Fat: 6.36g (9.78%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 20.04g (7.29%), Sugar: 3.01g (3.35%), Cholesterol: 19.07mg (6.36%), Sodium: 556.8mg (24.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Vitamin C: 27.97mg (33.9%), Manganese: 0.67mg (33.53%), Phosphorus: 228.1mg (22.81%), Folate: 84µg (21%), Vitamin B6: 0.38mg (19.24%), Vitamin B2: 0.32mg

(18.71%), Vitamin A: 931.41IU (18.63%), Magnesium: 70.93mg (17.73%), Fiber: 4.08g (16.33%), Calcium: 138.7mg (13.87%), Vitamin B1: 0.18mg (11.7%), Copper: 0.23mg (11.67%), Potassium: 405.74mg (11.59%), Zinc: 1.72mg (11.46%), Iron: 2mg (11.14%), Vitamin E: 1.39mg (9.27%), Selenium: 5.84µg (8.34%), Vitamin B3: 1.36mg (6.82%), Vitamin B5: 0.61mg (6.09%), Vitamin B12: 0.36µg (6.04%), Vitamin K: 5.04µg (4.8%)