



WHATSheATE



Mexican Rice and Bean Bake



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounces pinto beans drained canned
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 cup eggs fat-free
- ☐ 1 cup quick-cooking brown rice instant uncooked
- ☐ 4 ounces cheddar cheese shredded reduced-fat
- ☐ 1.5 cups picante sauce
- ☐ 1.3 cups water

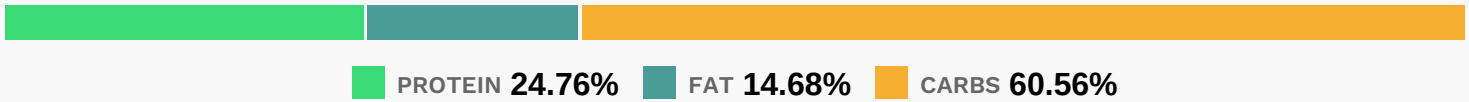
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat water to boiling in 1-quart saucepan. Stir in rice; reduce heat to low. Cover and simmer 10 minutes. Meanwhile, heat oven to 35
- ☐ Spray square baking dish, 8x8x2 inches, with cooking spray.
- ☐ Mix rice, 1/2 cup of the picante sauce, 1/2 cup of the cheese, and the egg product in medium bowl; press in bottom of baking dish.
- ☐ Mix beans and remaining 1 cup picante sauce in small bowl; spoon over rice mixture.
- ☐ Sprinkle with remaining 1/2 cup cheese and the chili powder.
- ☐ Bake uncovered 30 to 35 minutes or until cheese is melted and bubbly.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:3.37, Inflammation Score:-5, Nutrition Score:10.330434768096%

Nutrients (% of daily need)

Calories: 178.84kcal (8.94%), Fat: 2.95g (4.54%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 22.68g (8.25%), Sugar: 3.35g (3.72%), Cholesterol: 41.63mg (13.88%), Sodium: 751.65mg (32.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.41%), Manganese: 0.45mg (22.27%), Phosphorus: 214.69mg (21.47%), Fiber: 4.73g (18.93%), Selenium: 11.78µg (16.83%), Folate: 65.89µg (16.47%), Calcium: 140.52mg (14.05%), Iron: 2.49mg (13.83%), Vitamin B1: 0.2mg (13.26%), Potassium: 395.25mg (11.29%), Vitamin B6: 0.21mg (10.59%), Copper: 0.2mg (10.12%), Magnesium: 40mg (10%), Vitamin B3: 1.95mg (9.74%), Vitamin E: 1.35mg (9.01%), Vitamin A: 430.51IU (8.61%), Zinc: 1.22mg (8.1%), Vitamin B2: 0.13mg (7.35%), Vitamin B5: 0.48mg (4.8%), Vitamin K: 4.46µg (4.25%), Vitamin B12: 0.18µg (3.05%), Vitamin C: 1.73mg (2.1%), Vitamin D: 0.22µg (1.48%)