



Mexican Rice and Beans Salad



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 0.3 cup green onion sliced 1 large
- ☐ 0.3 teaspoon ground pepper
- ☐ 4 cups iceberg lettuce shredded
- ☐ 1.5 cups brown rice instant uncooked
- ☐ 3 tablespoons nonfat cream sour
- ☐ 0.7 cup chunky salsa
- ☐ 1 tablespoon chunky salsa

- ☐ 0.5 teaspoon salt
- ☐ 1 ounce sharp cheddar cheese shredded reduced-fat

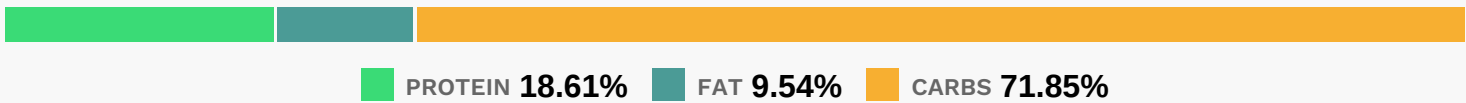
Equipment

- ☐ bowl

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Combine sour cream and 1 tablespoon salsa, stirring well. Set aside.
- ☐ Combine brown rice, 2/3 cup salsa, green onion, and next 3 ingredients in a large bowl, stirring gently. Arrange 1 cup lettuce on each of 4 individual salad plates. Spoon rice mixture evenly onto lettuce.
- ☐ Sprinkle evenly with cheese. Top evenly with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:5.35, Inflammation Score:-8, Nutrition Score:20.470434584047%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 324.58kcal (16.23%), Fat: 3.49g (5.37%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 59.2g (19.73%), Net Carbohydrates: 47.43g (17.25%), Sugar: 3.44g (3.83%), Cholesterol: 7.9mg (2.63%), Sodium: 672.75mg (29.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.66%), Folate: 276.36µg (69.09%), Manganese: 0.96mg (48.03%), Fiber: 11.77g (47.09%), Vitamin B1: 0.61mg (40.89%), Vitamin K: 32.68µg (31.13%), Iron: 4.88mg (27.09%), Phosphorus: 259.96mg (26%), Magnesium: 95.36mg (23.84%), Selenium: 16.3µg (23.28%), Potassium: 645.79mg (18.45%), Vitamin B3: 3.46mg (17.29%), Copper: 0.34mg (16.94%), Vitamin A: 751.98IU (15.04%), Zinc: 2.19mg (14.57%), Calcium: 128.6mg (12.86%), Vitamin B6: 0.24mg (11.86%), Vitamin B2: 0.15mg (9.11%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.81mg (5.39%), Vitamin C: 4.09mg (4.96%), Vitamin B12: 0.1µg (1.7%)