



HEALTH SCORE

77%

Mexican rice & bean salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

Ingredients



175 g rice wild



400 g jicama mixed drained and rinsed canned



1 bunch spring onion chopped



1 bell pepper red deseeded chopped



1 avocado chopped



1 juice of lime



1 tbsp cajun spice



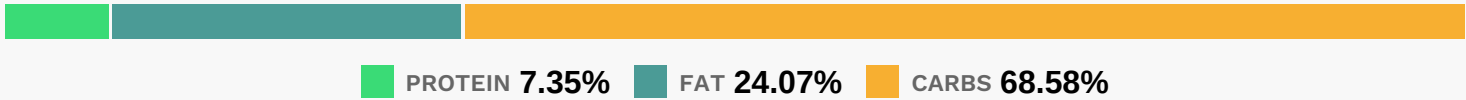
1 small bunch cilantro leaves chopped

Equipment

Directions

- ☐
- Cook the rice following pack instructions.
- ☐
- Drain, then cool under cold running water until completely cold. Stir in beans, onions, pepper and avocado.
- ☐
- Mix the lime juice with the Cajun spice mix and some black pepper.
- ☐
- Pour over the rice mix, stir in the coriander and serve with extra lime wedges.

Nutrition Facts



Properties

Glycemic Index:56.8, Glycemic Load:22.53, Inflammation Score:-9, Nutrition Score:17.996087012084%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 294.87kcal (14.74%), Fat: 8.1g (12.46%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 51.94g (17.31%), Net Carbohydrates: 41.65g (15.14%), Sugar: 3.89g (4.33%), Cholesterol: 0mg (0%), Sodium: 14.08mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Vitamin C: 67.24mg (81.5%), Vitamin A: 2061.69IU (41.23%), Fiber: 10.3g (41.18%), Manganese: 0.69mg (34.36%), Vitamin K: 32.38µg (30.84%), Folate: 76.55µg (19.14%), Vitamin B6: 0.38mg (18.77%), Vitamin E: 2.61mg (17.42%), Potassium: 581.31mg (16.61%), Vitamin B5: 1.44mg (14.39%), Copper: 0.27mg (13.42%), Magnesium: 46.43mg (11.61%), Vitamin B3: 2.3mg (11.5%), Phosphorus: 111.75mg (11.17%), Selenium: 7.71µg (11.01%), Iron: 1.84mg (10.25%), Vitamin B2: 0.17mg (10.07%), Zinc: 1.15mg (7.64%), Vitamin B1: 0.11mg (7.5%), Calcium: 42.97mg (4.3%)