



Mexican Skillet Supper

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounce boil-in-bag brown rice such as Success
- ☐ 14.5 ounce canned tomatoes diced green undrained canned
- ☐ 0.8 cup whole-kernel corn frozen
- ☐ 6 tablespoons cilantro leaves fresh finely chopped
- ☐ 0.5 pound ground sirloin
- ☐ 6 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 16 ounce kidney beans light red rinsed drained canned
- ☐ 1.3 ounce 0%-less-sodium taco seasoning

☐ 0.8 cup water

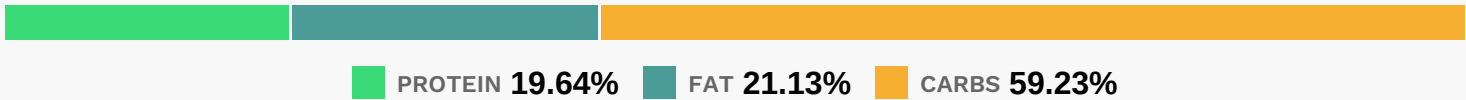
Equipment

☐ frying pan

Directions

- ☐ Cook brown rice according to package directions, omitting salt and fat; drain well.
- ☐ While rice cooks, heat a large nonstick skillet over medium-high heat.
- ☐ Add beef; cook 5 minutes or until browned, stirring to crumble. (
- ☐ Drain if necessary, and return beef to pan.) Stir in beans and next 4 ingredients, and bring to a boil. Cover, reduce heat, and simmer 12 minutes or until slightly thick, stirring occasionally.
- ☐ Serve beef mixture over rice, and top with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:19.19, Inflammation Score:-8, Nutrition Score:20.955652119025%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 360.18kcal (18.01%), Fat: 8.65g (13.31%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 54.55g (18.18%), Net Carbohydrates: 44.99g (16.36%), Sugar: 5.3g (5.89%), Cholesterol: 29.9mg (9.97%), Sodium: 648.37mg (28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.17%), Manganese: 1.75mg (87.64%), Fiber: 9.55g (38.21%), Folate: 125.22µg (31.31%), Phosphorus: 299.37mg (29.94%), Iron: 4.97mg (27.6%), Magnesium: 106.09mg (26.52%), Vitamin B6: 0.5mg (25.16%), Vitamin B3: 4.67mg (23.37%), Zinc: 3.49mg (23.24%), Vitamin B1: 0.34mg (22.5%), Copper: 0.44mg (21.98%), Potassium: 760.13mg (21.72%), Vitamin A: 776.93IU (15.54%), Vitamin B12: 0.87µg (14.51%), Vitamin C: 10.41mg (12.62%), Vitamin B5: 1.13mg (11.33%), Vitamin K: 11.77µg (11.21%), Selenium: 7.79µg (11.13%), Vitamin B2: 0.18mg (10.85%), Calcium: 79.74mg (7.97%), Vitamin E: 1.08mg (7.22%)