



HEALTH SCORE

100%

Pork-and-Black Bean Power Lunch



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



1062 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup black beans canned rinsed drained



8.8 oz grain medley rice whole ready-to-serve



0.3 cup pork roast au jus shredded fully cooked



2 Tbsp cuban salsa verde

Equipment

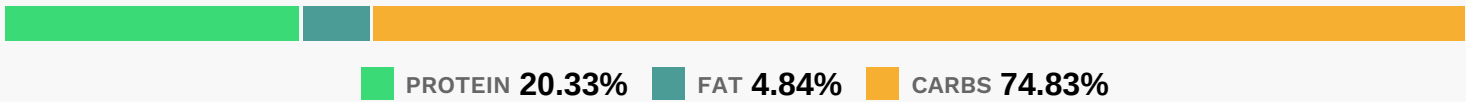


microwave

Directions

- ☐ Remove 3/4 cup rice from ready-to-serve pouch. Reserve remaining rice for another use.
- ☐ Layer rice, beans, pork, and salsa, in this order, in a microwave-safe plastic container.
- ☐ Cover with lid; lift 1 corner to allow steam to escape. Microwave at HIGH 1 to 2 minutes or until thoroughly heated. Stir before serving.
- ☐ *1 (8-oz.) package ready-to-serve brown rice may be substituted.
- ☐ Note: For testing purposes only, we used Uncle Ben's Ready Whole Grain Medley Brown & Wild and Hormel Fully Cooked Pork Roast Au Jus.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:95.98, Inflammation Score:-9, Nutrition Score:47.717826226483%

Nutrients (% of daily need)

Calories: 1062kcal (53.1%), Fat: 5.84g (8.99%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 203.1g (67.7%), Net Carbohydrates: 181.7g (66.07%), Sugar: 8.24g (9.15%), Cholesterol: 37.26mg (12.42%), Sodium: 606.77mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.18g (110.35%), Manganese: 3.52mg (176%), Phosphorus: 1306.19mg (130.62%), Magnesium: 487.05mg (121.76%), Zinc: 16.4mg (109.32%), Vitamin B3: 20.73mg (103.64%), Fiber: 21.4g (85.61%), Copper: 1.51mg (75.33%), Vitamin B6: 1.47mg (73.47%), Folate: 289.46µg (72.37%), Vitamin B2: 0.87mg (51.03%), Potassium: 1616.31mg (46.18%), Vitamin B1: 0.67mg (44.62%), Iron: 6.84mg (38.02%), Selenium: 24.49µg (34.98%), Vitamin B5: 3.28mg (32.78%), Vitamin E: 2.12mg (14.15%), Calcium: 85.45mg (8.54%), Vitamin B12: 0.3µg (5.03%), Vitamin A: 250.84IU (5.02%), Vitamin K: 4.74µg (4.51%), Vitamin C: 3.54mg (4.29%), Vitamin D: 0.24µg (1.58%)