



## Pork Cutlets Stuffed with Black Beans and Rice

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

### Ingredients

- 15 oz black beans divided drained canned
- 1 cup chicken broth
- 1 cup rice cold cooked
- 0.5 cup knudsen cream sour
- 4 green onions divided sliced
- 1 tsp oil
- 1.5 lb pork cutlets thin

- 6 oz velveeta cut into 1/2-inch cubes
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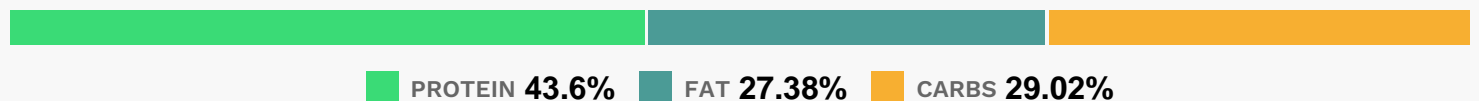
## Equipment

- frying pan
- blender

## Directions

- Reserve 3 Tbsp. of the onions for garnish.
- Combine remaining onions with rice, 1/3 cup of the beans and the VELVEETA; set aside. Spoon about 1/3 cup of the rice mixture down center of each cutlet; roll up tightly.
- Heat oil in large nonstick skillet on medium-high heat.
- Add meat roll-ups, placing seam-side down in skillet; cook 8 to 10 min. or until browned on all sides, turning occasionally. Meanwhile, place remaining beans, broth and sour cream in blender; cover. Blend until smooth.
- Rearrange meat roll-ups if necessary so roll-ups are seam-side down. Cover with bean sauce. Reduce heat to medium; simmer 15 min. or until sauce is thickened and meat is cooked through. (Do not let sauce boil.)
- Sprinkle with the reserved onions.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:8.09, Inflammation Score:-5, Nutrition Score:20.063912951428%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 292.23kcal (14.61%), Fat: 8.72g (13.42%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 15.6g (5.67%), Sugar: 1.02g (1.14%), Cholesterol: 86.93mg (28.98%), Sodium: 480.51mg (20.89%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.26g (62.52%), Selenium: 42.93µg (61.33%), Vitamin B1: 0.91mg (60.45%), Vitamin B3: 10.06mg (50.31%), Vitamin B6: 0.93mg (46.67%), Phosphorus: 372.31mg (37.23%), Vitamin B2: 0.37mg (21.51%), Fiber: 5.2g (20.81%), Potassium: 719.45mg (20.56%), Manganese: 0.33mg (16.57%), Vitamin K: 17.38µg (16.55%), Zinc: 2.44mg (16.24%), Magnesium: 62.49mg (15.62%), Folate: 50.29µg (12.57%), Iron: 2.14mg (11.87%), Copper: 0.23mg (11.74%), Vitamin B5: 1.15mg (11.53%), Vitamin B12: 0.63µg (10.44%), Calcium: 59.79mg (5.98%), Vitamin C: 3.59mg (4.35%), Vitamin A: 202.79IU (4.06%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.34µg (2.27%)