



Refried Bean Poblanos with Cheese

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup picante sauce
- 4 medium poblano chiles halved seeded
- 16 ounce refried beans fat-free canned
- 8.8 ounce rice long-grain cooked (such as Uncle Ben's Original Ready Rice)
- 4 ounces cheddar cheese reduced-fat

Equipment

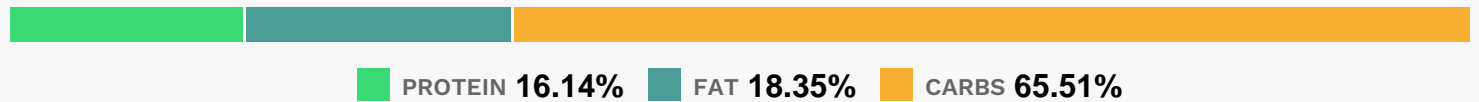
- bowl
- wax paper

microwave

Directions

- Place chile halves, cut sides up, on a round microwave-safe plate. Cover with wax paper; microwave at HIGH 3 minutes.
- While chiles cook, combine beans, rice, and picante sauce in a medium bowl, stirring well. Spoon bean mixture evenly into chile halves. Cover with wax paper; microwave at HIGH 2 minutes. Uncover chiles, sprinkle each half with 2 tablespoons cheese, and microwave at HIGH 1 to 2 minutes or until cheese melts.
- Sprinkle evenly with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:27.55, Glycemic Load:33.3, Inflammation Score:0, Nutrition Score:17.754782653373%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 438.34kcal (21.92%), Fat: 8.76g (13.47%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 70.35g (23.45%), Net Carbohydrates: 62.17g (22.61%), Sugar: 7.35g (8.17%), Cholesterol: 26.93mg (8.98%), Sodium: 1044.01mg (45.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.66%), Vitamin C: 96.29mg (116.72%), Manganese: 0.87mg (43.34%), Fiber: 8.18g (32.73%), Calcium: 262.71mg (26.27%), Phosphorus: 230.1mg (23.01%), Vitamin B6: 0.44mg (22.17%), Selenium: 13.96µg (19.95%), Vitamin A: 877.24IU (17.54%), Iron: 2.23mg (12.38%), Copper: 0.24mg (12.2%), Zinc: 1.75mg (11.69%), Potassium: 387.92mg (11.08%), Vitamin K: 10.94µg (10.42%), Magnesium: 39.45mg (9.86%), Vitamin B3: 1.97mg (9.83%), Vitamin B2: 0.16mg (9.67%), Vitamin B5: 0.89mg (8.86%), Vitamin B1: 0.13mg (8.63%), Vitamin E: 0.98mg (6.51%), Vitamin B12: 0.35µg (5.81%), Folate: 21.88µg (5.47%)