



Rice and Bean Bake

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup rice long-grain white uncooked
- ☐ 1.5 cups water boiling
- ☐ 1 tablespoon chicken soup base
- ☐ 1.5 teaspoons marjoram dried fresh chopped
- ☐ 0.5 cup onion chopped
- ☐ 15 oz kidney beans dark red undrained canned
- ☐ 9 oz baby lima beans frozen thawed drained
- ☐ 2 oz cheddar cheese shredded

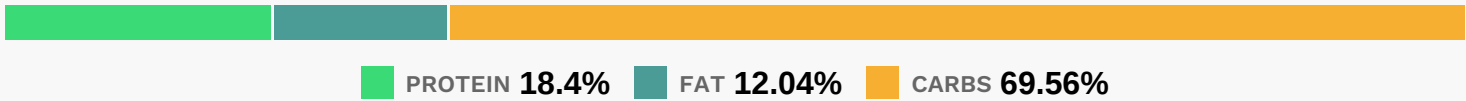
Equipment

☐ oven

Directions

- ☐ Heat oven to 350°F. In ungreased 2-quart casserole, mix all ingredients except cheese.
- ☐ Cover; bake 1 hour to 1 hour 5 minutes or until liquid is absorbed. Stir; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:36.62, Glycemic Load:27.88, Inflammation Score:-7, Nutrition Score:19.657391058362%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

Nutrients (% of daily need)

Calories: 457.3kcal (22.86%), Fat: 6.13g (9.44%), Saturated Fat: 3g (18.74%), Carbohydrates: 79.71g (26.57%), Net Carbohydrates: 67.06g (24.39%), Sugar: 1.51g (1.68%), Cholesterol: 14.34mg (4.78%), Sodium: 434.01mg (18.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Manganese: 1.49mg (74.46%), Fiber: 12.65g (50.6%), Folate: 167.04µg (41.76%), Phosphorus: 343.4mg (34.34%), Iron: 5.01mg (27.85%), Magnesium: 98.84mg (24.71%), Copper: 0.47mg (23.39%), Potassium: 814.48mg (23.27%), Selenium: 14.06µg (20.09%), Vitamin B1: 0.29mg (19.32%), Calcium: 175.6mg (17.56%), Zinc: 2.61mg (17.39%), Vitamin B6: 0.34mg (17.05%), Vitamin B2: 0.21mg (12.09%), Vitamin B3: 2.07mg (10.35%), Vitamin C: 8.08mg (9.8%), Vitamin K: 9.63µg (9.17%), Vitamin B5: 0.91mg (9.13%), Vitamin A: 266.04IU (5.32%), Vitamin B12: 0.15µg (2.57%), Vitamin E: 0.2mg (1.33%)