



Rice and Bean Bake

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

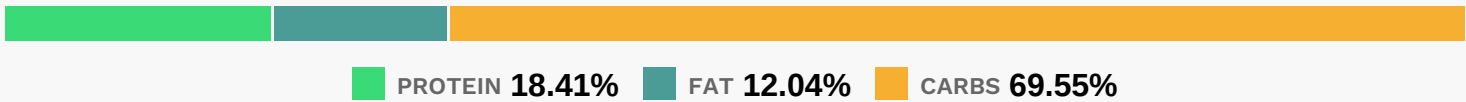
Equipment

☐ oven

Directions

- ☐ Heat oven to 350F. 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:19.620435079803%

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: 457.2kcal (22.86%), Fat: 6.13g (9.43%), Saturated Fat: 3g (18.74%), Carbohydrates: 79.69g (26.56%), Net Carbohydrates: 67.06g (24.38%), Sugar: 1.51g (1.67%), Cholesterol: 14.34mg (4.78%), Sodium: 433.98mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.17%), Manganese: 1.49mg (74.36%), Fiber: 12.64g (50.54%), Folate: 166.94µg (41.74%), Phosphorus: 343.28mg (34.33%), Iron: 4.98mg (27.68%), Magnesium: 98.71mg (24.68%), Copper: 0.47mg (23.37%), Potassium: 813.91mg (23.25%), Selenium: 14.06µg (20.09%), Vitamin B1: 0.29mg (19.32%), Calcium: 174.86mg (17.49%), Zinc: 2.61mg (17.38%), Vitamin B6: 0.34mg (17.03%), Vitamin B2: 0.21mg (12.09%), Vitamin B3: 2.07mg (10.34%), Vitamin C: 8.06mg (9.77%), Vitamin B5: 0.91mg (9.13%), Vitamin K: 9.4µg (8.95%), Vitamin A: 263.01IU (5.26%), Vitamin B12: 0.15µg (2.57%), Vitamin E: 0.2mg (1.33%)