



Rice and Bean Wraps

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups salsa thick
- 1 cup brown rice cooked
- 2 medium roma tomatoes chopped (plum)
- 1 small bell pepper cut into 1/2-inch pieces
- 15 oz black beans with cumin, undrained canned
- 7 ounces corn whole drained canned
- 6 8-inch flour tortilla (es in diameter)
- 4 ounces cheddar cheese shredded

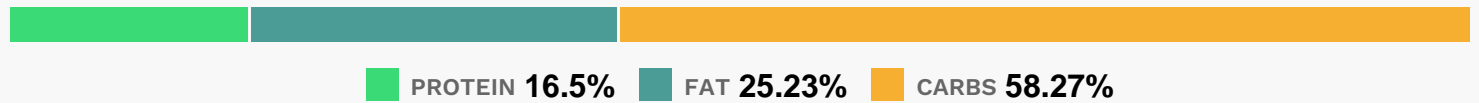
Equipment

- oven
- baking pan

Directions

- Heat oven to 350°F.
- Spread 1/2 cup of the salsa in ungreased rectangular baking dish, 13x9x2 inches.
- Mix rice, tomatoes, bell pepper, black beans and corn.
- Spread about 1 cup rice mixture on each tortilla; roll up tortilla.
- Place seam sides down on salsa in baking dish. Spoon remaining 1 cup salsa over tortillas.
- Sprinkle with cheese.
- Cover and bake 30 to 35 minutes or until heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:26.03, Glycemic Load:12.01, Inflammation Score:-8, Nutrition Score:18.80347819432%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 374.87kcal (18.74%), Fat: 10.61g (16.33%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 55.14g (18.38%), Net Carbohydrates: 46.2g (16.8%), Sugar: 5.66g (6.29%), Cholesterol: 17.95mg (5.98%), Sodium: 1244.4mg (54.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.22%), Manganese: 0.91mg (45.36%), Fiber: 8.94g (35.75%), Phosphorus: 331.94mg (33.19%), Vitamin B1: 0.44mg (29.02%), Folate: 115.89µg (28.97%), Vitamin C: 22.33mg (27.07%), Calcium: 248.86mg (24.89%), Selenium: 15.73µg (22.47%), Vitamin B3: 4.38mg (21.88%), Iron: 3.94mg (21.87%), Vitamin A: 997.69IU (19.95%), Vitamin B2: 0.33mg (19.59%), Magnesium: 72.19mg (18.05%), Potassium: 604.85mg (17.28%), Vitamin B6: 0.3mg (14.79%), Copper: 0.29mg (14.35%), Zinc: 1.71mg (11.41%), Vitamin

K: 9.11µg (8.68%), Vitamin E: 1.15mg (7.64%), Vitamin B5: 0.58mg (5.77%), Vitamin B12: 0.23µg (3.87%)