



 **93%**
HEALTH SCORE

Southwestern Red Beans and Rice

 Vegetarian  Very Healthy

READY IN



13 min.

SERVINGS



4

CALORIES



2887 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with zesty mild green chiles, undrained (such as del monte) canned
- 28 2-inch flour tortillas
- 1 tablespoon cilantro leaves fresh chopped
- 8.8 ounce precooked whole-grain brown rice (such as Uncle Ben's Ready Rice)
- 2 ounces cheddar cheese shredded reduced-fat
- 8 ounce pre mushrooms
- 16 ounce kidney beans light red rinsed drained canned

0.3 teaspoon salt

Equipment

frying pan

Directions

Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.

Add mushrooms to pan; cook 6 minutes or until lightly browned, stirring occasionally. Stir in rice and next 4 ingredients. Cover and bring to a boil; reduce heat, and simmer 4 minutes or until thoroughly heated.

While rice mixture cooks, warm tortillas according to package directions.

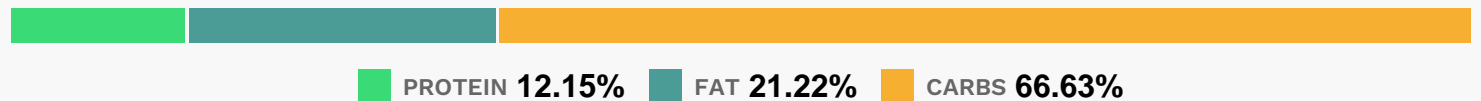
Sprinkle rice mixture with cheese and cilantro.

Serve immediately with tortillas.

Choice ingredient

Kidney beans are a great pantry staple, and they provide an excellent low-fat source of fiber, protein, potassium, and magnesium. Rinsing and draining canned beans reduces the sodium by 40 percent.

Nutrition Facts



Properties

Glycemic Index:49.82, Glycemic Load:132.52, Inflammation Score:-10, Nutrition Score:64.286521792412%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 2886.72kcal (144.34%), Fat: 67.62g (104.04%), Saturated Fat: 24.43g (152.71%), Carbohydrates: 477.89g (159.3%), Net Carbohydrates: 436.85g (158.86%), Sugar: 36.22g (40.24%), Cholesterol: 2.98mg (0.99%), Sodium: 6250.55mg (271.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.12g (174.23%), Manganese: 7.04mg (352.09%), Vitamin B1: 4.57mg (304.69%), Selenium: 201.86µg (288.37%), Folate: 934.64µg (233.66%),

Phosphorus: 2162.99mg (216.3%), Vitamin B3: 42.41mg (212.07%), Iron: 34.91mg (193.92%), Fiber: 41.04g (164.17%), Vitamin B2: 2.69mg (158.06%), Calcium: 1307.08mg (130.71%), Magnesium: 343.84mg (85.96%), Copper: 1.65mg (82.48%), Vitamin K: 74.11µg (70.58%), Potassium: 2085.72mg (59.59%), Vitamin B6: 1.14mg (57.21%), Zinc: 7.53mg (50.23%), Vitamin B5: 3.65mg (36.51%), Vitamin C: 12.03mg (14.59%), Vitamin E: 2.08mg (13.9%), Vitamin A: 257.38IU (5.15%), Vitamin B12: 0.09µg (1.54%)