



Southwestern Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed drained canned
- 1 cup regular corn
- 3 green onions sliced
- 14 oz rice white instant
- 1 cup dressing italian kraft
- 1 medium bell pepper red chopped
- 1 cup taco bellâ® & chunky salsa thick
- 1 cup lightly tortilla chips crushed

Equipment

bowl

Directions

Prepare rice as directed on package.

Place in large bowl; cool.

Add beans, corn, peppers, onions, dressing and salsa; mix lightly. Cover and refrigerate at least 1 hour or until ready to serve.

Top with crushed chips just before serving.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:1.19, Inflammation Score:-6, Nutrition Score:9.5856520818627%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 217.84kcal (10.89%), Fat: 5.44g (8.37%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 33.89g (12.32%), Sugar: 3.28g (3.65%), Cholesterol: 0mg (0%), Sodium: 406.74mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Folate: 99.22µg (24.8%), Vitamin B1: 0.32mg (21.32%), Manganese: 0.38mg (19.05%), Selenium: 11.06µg (15.8%), Vitamin K: 16.53µg (15.74%), Vitamin C: 12.33mg (14.94%), Fiber: 3.66g (14.64%), Iron: 2.55mg (14.17%), Vitamin B3: 2.57mg (12.86%), Phosphorus: 97.84mg (9.78%), Vitamin A: 389.53IU (7.79%), Vitamin B6: 0.14mg (7.05%), Magnesium: 27.55mg (6.89%), Copper: 0.13mg (6.57%), Vitamin E: 0.98mg (6.56%), Potassium: 212.04mg (6.06%), Zinc: 0.78mg (5.17%), Vitamin B5: 0.4mg (4.01%), Vitamin B2: 0.07mg (3.93%), Calcium: 33.35mg (3.34%)