Speedy Black Beans and Mexican Rice

🍊 Vegetarian   🌾 Gluten Free

READY IN	SERVINGS	CALORIES
⏰	🍽️	💧
7 min.	**2**	**784 kcal**

SIDE DISH   LUNCH   MAIN COURSE   MAIN DISH

Ingredients

- [ ] 15 oz black beans rinsed drained canned
- [ ] 4.4 oz chiles green chopped canned
- [ ] 2 servings toppings: cream diced shredded sour
- [ ] 2 tablespoons cilantro leaves fresh chopped
- [ ] 8.8 oz mexican rice ready-to-serve

Equipment

- [ ] bowl
- [ ] microwave

Directions

- [ ] Cook rice according to package directions.
- [ ] Combine black beans and green chiles in a microwave-safe bowl. Microwave at HIGH 90 seconds. Stir in rice and cilantro.
- [ ] Serve immediately with desired toppings.
- [ ] Note: For testing purposes only, we used Rice-A-Roni Express
- [ ] Heat &
- [ ] Serve Mexican Rice.
- [ ] Mexican Beef 'n' Rice: Substitute 1 lb. cooked lean ground beef for black beans. Substitute 1 cup salsa for green chiles. Prepare recipe as directed omitting toppings.
- [ ] Serve with corn chips or in lettuce leaves, if desired. Makes 4 servings.

Nutrition Facts

PROTEIN 15.01%   **FAT 13.68%**   **CARBS 71.31%**
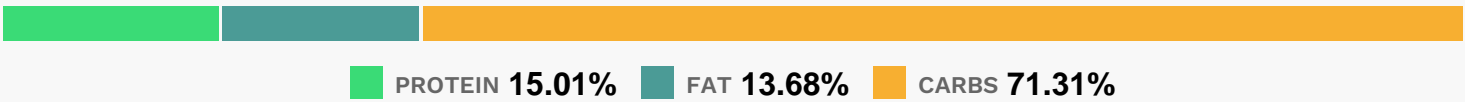
Properties

Glycemic Index:60.09, Glycemic Load:60.23, Inflammation Score:-7, Nutrition Score:28.158260677172%

Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 784.37kcal (39.22%), Fat: 11.81g (18.17%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 138.55g (46.18%), Net Carbohydrates: 121.19g (44.07%), Sugar: 0.25g (0.28%), Cholesterol: 30mg (10%), Sodium: 1266.69mg (55.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.32%), Manganese: 1.86mg (92.86%), Fiber: 17.36g (69.46%), Phosphorus: 517.53mg (51.75%), Folate: 179.91µg (44.98%), Selenium: 30.28µg (43.26%), Copper: 0.69mg (34.67%), Calcium: 344.16mg (34.42%), Vitamin C: 27.18mg (32.94%), Iron: 5.92mg (32.9%), Magnesium: 116.3mg (29.08%), Vitamin B2: 0.47mg (27.53%), Vitamin B1: 0.4mg (26.68%), Potassium: 893.98mg (25.54%), Zinc: 3.67mg (24.45%), Vitamin B6: 0.42mg (20.88%), Vitamin B3: 3.73mg (18.63%), Vitamin B5: 1.83mg (18.35%), Vitamin A: 414.68IU (8.29%), Vitamin B12: 0.32µg (5.3%), Vitamin E: 0.37mg (2.48%), Vitamin K: 2.08µg (1.99%), Vitamin D: 0.18µg (1.2%)