



Spicy Rice, Bean & Cheese Skillet

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed canned
- 14 oz canned tomatoes diced green undrained canned
- 1 cup milk colby & monterey jack cheeses shredded 2% kraft
- 0.3 cup cilantro leaves fresh chopped
- 3 garlic cloves minced
- 1 large bell pepper green chopped
- 2 cups brown rice instant uncooked
- 1 Tbsp olive oil

1.3 cups water

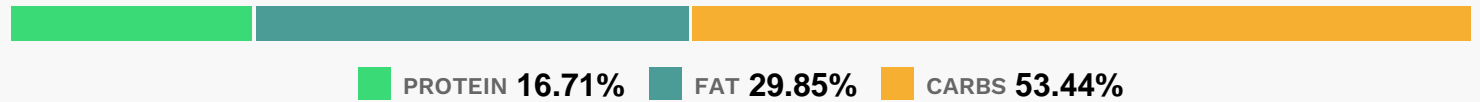
Equipment

frying pan

Directions

- Cook and stir peppers and garlic in hot oil in large skillet on medium-high heat 2 to 3 min. or until crisp-tender.
- Add beans, tomatoes and water; stir. Bring to boil.
- Add rice; stir. Cover; simmer on medium-low heat 5 min.
- Remove from heat.
- Stir in cilantro; top with cheese.
- Let stand, covered, 5 min.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.7769565200028%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 71.96kcal (3.6%), Fat: 2.4g (3.7%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 8.09g (2.94%), Sugar: 0.57g (0.63%), Cholesterol: 5.02mg (1.67%), Sodium: 121.53mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin C: 7.37mg (8.93%), Folate: 32.28µg (8.07%), Manganese: 0.14mg (6.75%), Vitamin B1: 0.1mg (6.67%), Fiber: 1.59g (6.35%), Phosphorus: 55.57mg (5.56%), Iron: 0.99mg (5.47%), Selenium: 3.61µg (5.16%), Calcium: 50.33mg (5.03%), Vitamin B3: 0.74mg (3.71%), Copper: 0.07mg (3.28%), Vitamin B2: 0.05mg (3.14%), Potassium: 104.56mg (2.99%), Vitamin B6: 0.06mg (2.95%), Magnesium: 10.94mg (2.74%), Zinc: 0.39mg (2.59%), Vitamin A: 106.84IU (2.14%), Vitamin K: 1.93µg (1.84%), Vitamin E: 0.23mg (1.56%)