



## Taco Beans and Rice

 Vegetarian  Gluten Free  Very Healthy

READY IN



14 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1.5 cups prechopped tricolor bell pepper refrigerated
- 8.8 ounce microwaveable brown rice whole cooked (such as Uncle Ben's Grain Brown Ready Rice)
- 1 tablespoon olive oil
- 1 cup prechopped onion refrigerated
- 16 ounce kidney beans dark red rinsed drained canned
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 1.3 ounce 0%-less-sodium taco seasoning mix divided

## Equipment

- bowl
- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat; add bell pepper and onion. Cook 7 minutes or until lightly browned, stirring often. Stir in beans; cook 1 minute or until thoroughly heated.
- Remove from heat; stir in half package of seasoning mix.
- Place rice in a medium bowl; heat according to package directions.
- Add remaining half of seasoning mix to rice, stirring well to combine. Spoon bean mixture over rice; sprinkle evenly with cheese.

## Nutrition Facts



## Properties

Glycemic Index:44.01, Glycemic Load:33.75, Inflammation Score:-10, Nutrition Score:30.466086939625%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg

## Nutrients (% of daily need)

Calories: 505.75kcal (25.29%), Fat: 10.77g (16.56%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 85.8g (28.6%), Net Carbohydrates: 71.77g (26.1%), Sugar: 6.11g (6.79%), Cholesterol: 14.17mg (4.72%), Sodium: 816.13mg (35.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.81g (37.61%), Manganese: 2.99mg (149.55%), Vitamin C: 79.83mg (96.76%), Fiber: 14.03g (56.12%), Vitamin A: 2723.36IU (54.47%), Folate: 196.17µg (49.04%), Phosphorus: 416.73mg (41.67%), Magnesium: 154.75mg (38.69%), Vitamin B6: 0.67mg (33.7%), Vitamin B1: 0.49mg (32.78%), Iron: 5.42mg (30.12%), Copper: 0.48mg (23.85%), Potassium: 811.39mg (23.18%), Zinc: 3.2mg (21.34%), Vitamin B3: 3.94mg (19.72%), Calcium: 165.7mg (16.57%), Vitamin B5: 1.47mg (14.66%), Vitamin K: 14.87µg (14.16%), Vitamin B2: 0.21mg (12.55%), Vitamin E: 1.54mg (10.23%), Selenium: 5.63µg (8.04%), Vitamin B12: 0.15µg (2.5%)