



Tex-Mex Rice Bowl



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.8 ounce precooked brown rice (such as Uncle Ben's)
- ☐ 4 servings avocado-butter lettuce salad
- ☐ 15 ounce black beans organic rinsed drained canned
- ☐ 0.5 cup whole-kernel corn frozen
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 8 ounces ground sirloin
- ☐ 1 jalapeno minced
- ☐ 1 cup pico de gallo fresh

- ☐ 1.5 tablespoons 0%-less-sodium taco seasoning (such as Ortega)
- ☐ 0.3 cup water

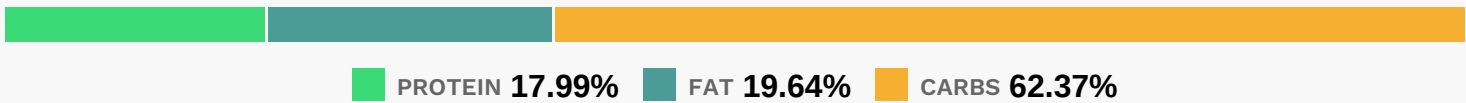
Equipment

- ☐ frying pan

Directions

- ☐ Heat rice according to directions.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add beef; cook 3 minutes or until done, stirring to crumble. Stir in 1/4 cup water and taco seasoning; bring to a simmer. Stir in corn and beans; cook 1 minute or until heated. Stir in rice. Top with pico de gallo and jalapeo.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:26.71, Inflammation Score:-7, Nutrition Score:22.763478149538%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 487.44kcal (24.37%), Fat: 10.75g (16.54%), Saturated Fat: 3.79g (23.71%), Carbohydrates: 76.8g (25.6%), Net Carbohydrates: 66.64g (24.23%), Sugar: 6.55g (7.28%), Cholesterol: 38.56mg (12.85%), Sodium: 965.4mg (41.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.29%), Manganese: 2.62mg (130.84%), Fiber: 10.15g (40.62%), Phosphorus: 387.14mg (38.71%), Magnesium: 140.1mg (35.02%), Vitamin B3: 6.24mg (31.18%), Vitamin B6: 0.6mg (29.77%), Zinc: 4.45mg (29.66%), Vitamin B1: 0.44mg (29.32%), Iron: 4.47mg (24.83%), Folate: 90.05µg (22.51%), Copper: 0.43mg (21.3%), Vitamin B12: 1.23µg (20.51%), Potassium: 700.49mg (20.01%), Vitamin B2: 0.26mg (15.41%), Vitamin B5: 1.52mg (15.24%), Selenium: 10.48µg (14.98%), Vitamin C: 11.07mg (13.41%), Vitamin A: 445.07IU (8.9%), Calcium: 68.19mg (6.82%), Vitamin K: 2.72µg (2.59%), Vitamin E: 0.36mg (2.39%)