



VELVEETA® Easy Red Beans & Rice

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz kidney beans rinsed canned
- 2 tsp chili powder
- 2 cups rice white instant uncooked
- 10 oz ro*tel tomatoes & chilies diced green undrained canned
- 13 oz oscar mayer natural uncured turkey sausage thin
- 4 oz velveeta cut into 1/2-inch cubes
- 2 cups water

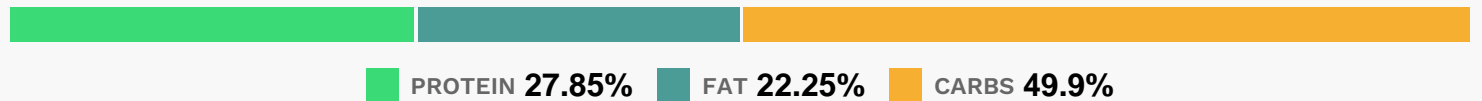
Equipment

frying pan

Directions

- Cook sausage in large nonstick skillet on medium-high heat 5 min. or until lightly browned, stirring occasionally.
- Add beans, tomatoes and chili powder; mix well. Stir in water. Bring to boil, stirring occasionally.
- Stir in rice and VELVEETA; cover. Simmer on low heat 5 to 7 minutes or until rice is tender and most of the water is absorbed.
- Remove skillet from heat; stir until VELVEETA is completely melted and mixture is well blended.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.96, Inflammation Score:-3, Nutrition Score:4.0843478337578%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 75.49kcal (3.77%), Fat: 1.85g (2.85%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 8.1g (2.94%), Sugar: 1.02g (1.13%), Cholesterol: 12.96mg (4.32%), Sodium: 208.65mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.43%), Phosphorus: 102.06mg (10.21%), Manganese: 0.14mg (6.85%), Vitamin B3: 1.34mg (6.68%), Vitamin B1: 0.1mg (6.52%), Folate: 25.84µg (6.46%), Zinc: 0.8mg (5.32%), Fiber: 1.24g (4.97%), Iron: 0.89mg (4.96%), Vitamin B6: 0.1mg (4.96%), Vitamin B2: 0.08mg (4.79%), Vitamin A: 214.1IU (4.28%), Selenium: 2.79µg (3.99%), Calcium: 37.7mg (3.77%), Potassium: 131.44mg (3.76%), Vitamin B12: 0.19µg (3.19%), Copper: 0.06mg (3.09%), Magnesium: 10.63mg (2.66%), Vitamin C: 2.03mg (2.47%), Vitamin B5: 0.21mg (2.14%), Vitamin K: 1.83µg (1.74%), Vitamin E: 0.17mg (1.13%)