

Mexican Brown Rice Bake – Gluten Free

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-spanish-brown-rice-recipe>

Ingredients:

- 2 cooked chicken breasts shredded
- 1 cup brown rice
- 1 cup refried beans
- 3/4 cup enchilada sauce
- 1 cup shredded cheese
- 1/2 green pepper diced
- 2 teaspoons chili flakes optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 840 milligrams
9. Sugar: 4 grams

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