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## Kid's Refried Beans & Rice Side

This Kid's Refried Beans & Rice Side is a delicious and nutritious dish that kids will love. It is made with refried beans, rice, and a blend of spices. It can be served as a side dish or as a main course. The beans are cooked until they are creamy and flavorful, and the rice is fluffy and aromatic. This recipe is perfect for busy weeknights and can be prepared in under 30 minutes.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Refried Beans
200 g	Rice
1 tsp	salt
1 tsp	pepper

<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	onion powder
<b>1 tsp</b>	cumin
<b>1 tsp</b>	paprika
<b>2 tbsp</b>	olive oil
<b>2 c</b>	water

## Directions

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### Step 1

Stove

In a large skillet, heat olive oil over medium heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Add the refried beans, rice, water, salt, pepper, garlic powder, onion powder, cumin, and paprika to the skillet.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 3

Stove

Stir well to combine all the ingredients.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

### Step 4

Stove

Cover the skillet and let the mixture simmer for 15 minutes, or until the rice is cooked and the flavors are well blended.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

### Step 5

Remove from heat and let it rest for 5 minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat: 3 g**

**Protein: 8 g**

**Carbohydrates: 35 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	6 g	15.79%	24%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium Sugar-Free  
High Vitamin C High Calcium

### Kitchen Tools

Blender Oven

### Course

Appetizers Side Dishes Desserts Drinks Salads Snacks

### Difficulty Level

Medium

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