



PlateMate

kCal: 869.6
Fat: 41.9g
Protein: 53.1g
Carbs: 69.4g

Stages

Tag

Identify

Measure

HITs

Draw Boxes (2)

Vote (3)

Describe (3)
□ → □ → □

Match (2)

Vote (5)

Measure (5)

Results



Baked or Fried Chicken Drumstick
Barbeque Sauce (Low Sodium, Canned)

Cooked Spinach (from Fresh)

Italian Flatbread Focaccia

2.53 drumstick

.40 cup

.83 cup, fresh

1.33 slice



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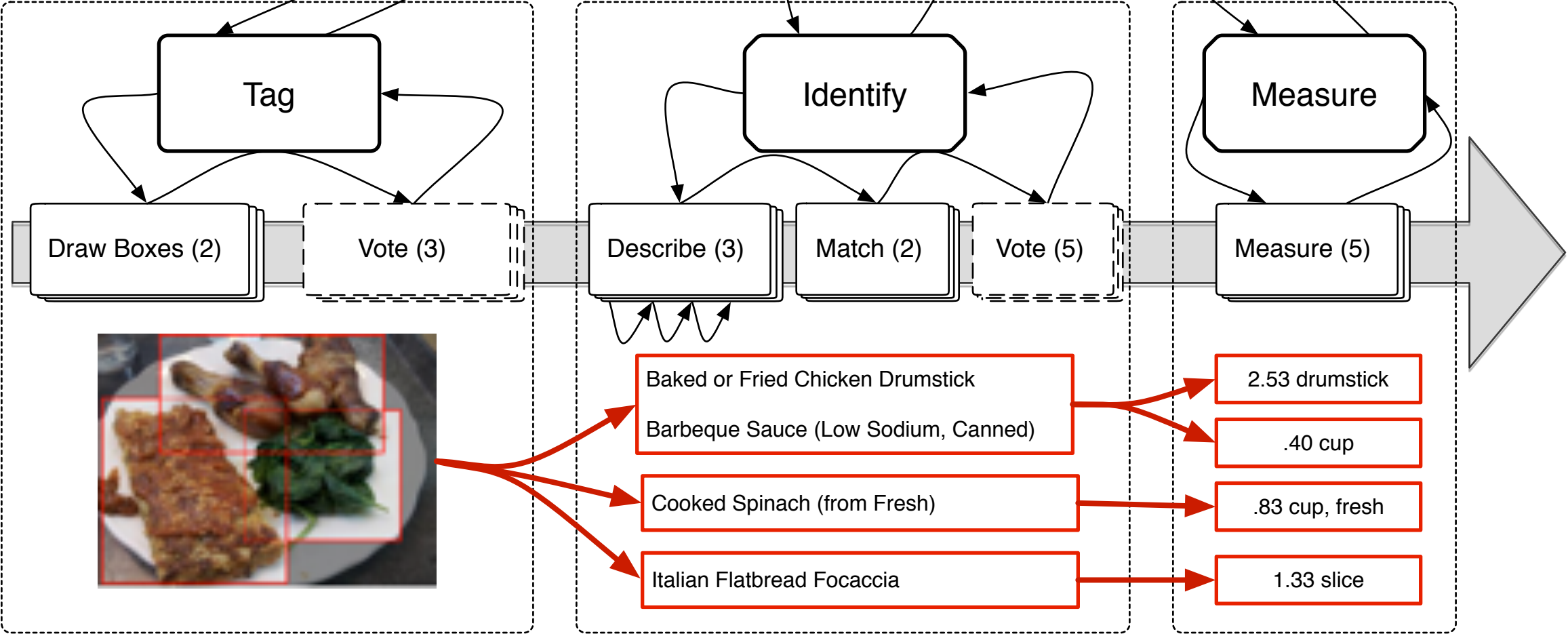
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Recipe



Ingredients

- 1 lb ground beef
- 1/2 cup onion, finely chopped
- 1/2 cup green bell pepper, finely chopped
- 1/2 cup yellow rice
- 1/2 cup tomato sauce
- 1/2 cup cheddar cheese, shredded
- 1/2 cup sour cream
- 1/2 cup black beans, drained
- 1/2 cup corn, drained
- 1/2 cup green onions, chopped

Instructions

1. Preheat oven to 350°F.
2. In a large skillet, cook ground beef and onion over medium heat until browned.
3. Add green bell pepper and tomato sauce. Cook for 5 minutes.
4. Add yellow rice, black beans, and corn. Cook for 10 minutes.
5. Stir in cheddar cheese and sour cream. Cook for 5 minutes.
6. Sprinkle with green onions.

	kcal	fat (g)	carbs (g)	protein (g)
1 serving	450	25	40	30
2 servings	900	50	80	60
3 servings	1350	75	120	90
4 servings	1800	100	160	120
5 servings	2250	125	200	150
6 servings	2700	150	240	180
7 servings	3150	175	280	210
8 servings	3600	200	320	240