



Arroz con Habichuelas Rosadas Guisadas (Rice with Stewed Pink Beans)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup baking potato cubed peeled 1-inch
- ☐ 1 bay leaf
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1.5 teaspoons cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 tablespoon olive oil

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- ☐ 0.7 pound beans dried red
- ☐ 1.5 cups rice medium-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup salt pork cubed 3 ounces
- ☐ 0.5 cup ham smoked cubed 3 ounces
- ☐ 0.3 cup tomato sauce
- ☐ 1.3 cups water
- ☐ 8 cups water
- ☐ 1 tablespoon culantro fresh chopped

Equipment

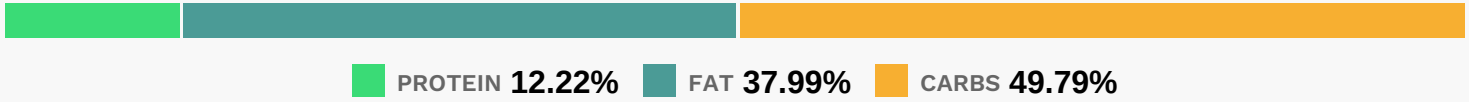
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ To prepare beans, sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans.
- ☐ Combine beans, 8 cups water, and next 4 ingredients (through bay leaf) in pan. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until beans are almost tender. Stir in bell pepper and garlic; simmer, uncovered, 20 minutes or until beans are done.
- ☐ Drain in sieve over a bowl, reserving 1/3 cup cooking liquid. Discard bay leaf. Return bean mixture to pan.
- ☐ Add reserved 1/3 cup cooking liquid, tomato sauce, 1 tablespoon culantro, 1 1/2 teaspoons cilantro, 1 teaspoon oil, and 1/2 teaspoon salt; stir to combine.
- ☐ To prepare rice, heat 1 tablespoon oil in a medium saucepan over medium-high heat.

- ☐ Add rice; saut 2 minutes.
- ☐ Add 1 1/4 cups water, 1 tablespoon culantro, 1/2 teaspoon salt, and broth; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed and rice is tender.
- ☐ Serve beans over rice.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:23.56, Inflammation Score:-5, Nutrition Score:11.344782567543%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Pelargonidin: 1.21mg, Pelargonidin: 1.21mg, Pelargonidin: 1.21mg, Pelargonidin: 1.21mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 324.53kcal (16.23%), Fat: 13.66g (21.02%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 40.3g (13.43%), Net Carbohydrates: 35.44g (12.89%), Sugar: 0.88g (0.97%), Cholesterol: 15.58mg (5.19%), Sodium: 735.49mg (31.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Folate: 169.49µg (42.37%), Manganese: 0.62mg (30.95%), Vitamin B1: 0.36mg (24.06%), Fiber: 4.86g (19.44%), Iron: 3.26mg (18.1%), Phosphorus: 163.26mg (16.33%), Copper: 0.31mg (15.61%), Potassium: 444.15mg (12.69%), Magnesium: 49.14mg (12.29%), Vitamin B3: 2.28mg (11.38%), Vitamin B6: 0.2mg (10.07%), Selenium: 6.96µg (9.95%), Zinc: 1.34mg (8.97%), Vitamin B5: 0.68mg (6.82%), Vitamin C: 4.45mg (5.39%), Vitamin B2: 0.09mg (5.32%), Calcium: 33.1mg (3.31%), Vitamin K: 2.92µg (2.78%), Vitamin E: 0.36mg (2.37%), Vitamin B12: 0.11µg (1.79%)