



Black Bean-and-Rice Salad

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 31 ounce black beans rinsed drained canned
- 10 ounce canned tomatoes diced green drained canned
- 0.3 teaspoon garlic powder
- 1 medium size bell pepper diced green
- 0.5 teaspoon ground cumin
- 0.3 teaspoon pepper
- 0.5 cup onion diced red
- 0.3 cup red wine vinegar

- 17.6 ounce rice spanish ready-to-serve
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil

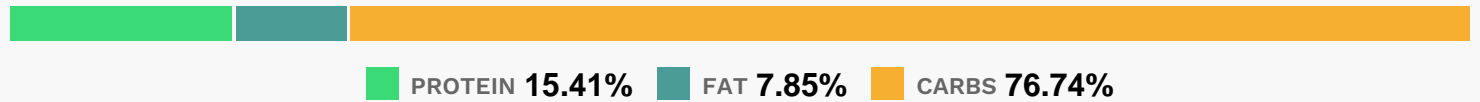
Equipment

- bowl

Directions

- Heat rice according to package directions.
- Pour into a large bowl, and let stand 10 minutes to cool.
- Stir in black beans and remaining ingredients until well combined. Cover and chill rice mixture at least 30 minutes before serving.
- Note: For testing purposes only, we used Uncle Ben's Spanish Style Ready Rice.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:15.786521807961%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 289.65kcal (14.48%), Fat: 2.56g (3.93%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 56.19g (18.73%), Net Carbohydrates: 47.67g (17.33%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 1031.41mg (44.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin B1: 0.57mg (37.73%), Folate: 140.89µg (35.22%), Manganese: 0.69mg (34.46%), Fiber: 8.52g (34.07%), Selenium: 17.89µg (25.56%), Vitamin B3: 4.55mg (22.73%), Iron: 3.86mg (21.42%), Vitamin C: 15.18mg (18.4%), Phosphorus: 182.9mg (18.29%), Potassium: 613.99mg (17.54%), Copper: 0.33mg (16.45%), Vitamin B2: 0.27mg (15.88%), Magnesium: 57.63mg (14.41%), Vitamin B6: 0.25mg (12.63%), Zinc: 1.1mg (7.36%), Vitamin A: 344.21IU (6.88%), Vitamin E: 0.94mg (6.3%), Vitamin K: 6.35µg (6.05%), Calcium: 59.54mg (5.95%), Vitamin B5: 0.58mg (5.76%)