



Black Bean and Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained well canned
- ☐ 2 cups corn kernels white frozen thawed cut (from 2 ears)
- ☐ 3 garlic clove minced peeled smashed
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup brown rice long grain
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 pepper italian trimmed cut in 1/3-inch dice

- ☐ 1 medium onion red finely chopped
- ☐ 1 tablespoon vinegar white

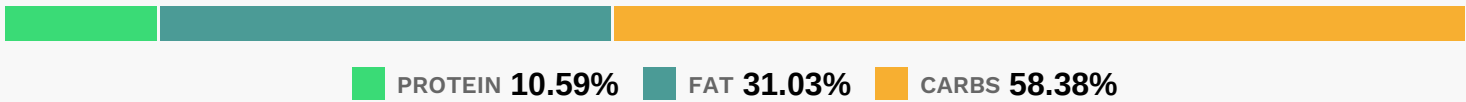
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring a medium saucepan of salted water to a boil.
- ☐ Add the rice and cook, stirring occasionally, just until tender, about 25 minutes.
- ☐ Drain and rinse well with cold water until cool.
- ☐ Transfer to a large bowl.
- ☐ Heat 2 tablespoons of the oil in the same saucepan over medium heat until hot.
- ☐ Add the chile, onion and garlic and stir until slightly softened, about 3 minutes.
- ☐ Add the corn and salt and cook, stirring, just until heated through, about 1 minute.
- ☐ Transfer the vegetables to the bowl with the rice and toss to mix.
- ☐ Add the beans, the remaining 2 tablespoons oil and the vinegar and toss well. Season with plenty of pepper and toss again.
- ☐ •Here we cook the rice in plenty of water, like pasta, so that it stays tender after you cool it off. •If your little ones love the spicy stuff, include mini bottles of hot sauce in their lunch boxes.
- ☐ Nutrition Data
- ☐ Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper
- ☐ Collins Publishers

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:13.393043282239%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 305.48kcal (15.27%), Fat: 10.81g (16.63%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 38.28g (13.92%), Sugar: 3.48g (3.87%), Cholesterol: 0mg (0%), Sodium: 775.24mg (33.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.6%), Manganese: 1.47mg (73.34%), Fiber: 7.47g (29.89%), Phosphorus: 212.51mg (21.25%), Magnesium: 78.71mg (19.68%), Folate: 73.2µg (18.3%), Vitamin B1: 0.25mg (16.99%), Vitamin B3: 2.59mg (12.95%), Vitamin B6: 0.26mg (12.88%), Copper: 0.26mg (12.76%), Selenium: 8.8µg (12.57%), Iron: 2.09mg (11.62%), Vitamin E: 1.72mg (11.49%), Potassium: 395.76mg (11.31%), Vitamin B2: 0.17mg (9.97%), Zinc: 1.23mg (8.22%), Vitamin B5: 0.82mg (8.2%), Vitamin K: 6.54µg (6.23%), Vitamin C: 4.61mg (5.59%), Calcium: 42.14mg (4.21%)