



WHAT'SHEATE

Black Bean and Tomato Quinoa



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons lime zest grated
- ☐ 1 cup quinoa
- ☐ 4 spring onion chopped
- ☐ 1 teaspoon sugar
- ☐ 2 medium tomatoes diced

- ☐ 2 tablespoons butter unsalted cooled melted
- ☐ 1 tablespoon vegetable oil

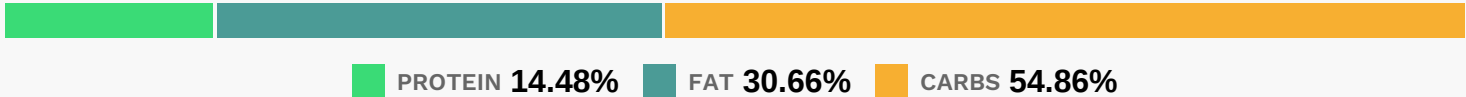
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ kitchen towels

Directions

- ☐ Whisk together lime zest and juice, butter, oil, sugar, 1/2 teaspoon salt, and 1/4teaspoon pepper in a large bowl.
- ☐ Wash quinoa in 3 changes of cold water in a bowl, draining in a sieve each time.
- ☐ Cook quinoa in a medium pot of boiling salted water (1 tablespoon salt for 2 quarts water), uncovered, until almost tender, about 10 minutes.
- ☐ Drain in sieve, then set sieve in same pot with 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam over medium heat until tender, fluffy, and dry, about 10 minutes.
- ☐ Remove pot from heat and remove lid.
- ☐ Let stand, still covered with towel, 5 minutes.
- ☐ Add quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:1.54, Inflammation Score:-8, Nutrition Score:20.093913032309%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 348.1kcal (17.41%), Fat: 12.11g (18.63%), Saturated Fat: 4.51g (28.19%), Carbohydrates: 48.75g (16.25%), Net Carbohydrates: 37.79g (13.74%), Sugar: 3.05g (3.39%), Cholesterol: 15.05mg (5.02%), Sodium: 389.55mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.73%), Manganese: 1.19mg (59.53%), Fiber: 10.96g (43.83%), Folate: 157.29µg (39.32%), Vitamin K: 39.59µg (37.71%), Phosphorus: 323.98mg (32.4%), Magnesium: 128.68mg (32.17%), Copper: 0.49mg (24.68%), Iron: 4.2mg (23.36%), Vitamin B1: 0.32mg (21.63%), Potassium: 740.46mg (21.16%), Vitamin C: 16.17mg (19.6%), Vitamin A: 888.51IU (17.77%), Vitamin B2: 0.28mg (16.53%), Vitamin B6: 0.32mg (16.15%), Zinc: 2.02mg (13.49%), Vitamin E: 1.92mg (12.8%), Vitamin B3: 1.72mg (8.58%), Calcium: 73.23mg (7.32%), Selenium: 5.07µg (7.24%), Vitamin B5: 0.6mg (5.99%)