



## Black-Bean and Yellow-Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons cooking oil
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 onion chopped

- ☐ 1.5 cups rice long-grain
- ☐ 1.3 teaspoons salt
- ☐ 2 tomatoes diced
- ☐ 0.3 teaspoon turmeric
- ☐ 2.8 cups water
- ☐ 1 tablespoon red-wine vinegar

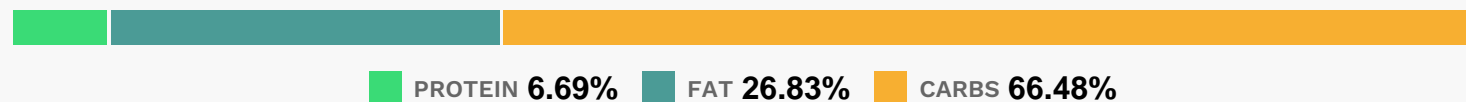
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ In a medium saucepan, heat 2 tablespoons of the oil over moderately low heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Stir in the garlic, turmeric, cumin, 1 teaspoon of the salt, the black pepper, and rice. Cook, stirring frequently, for 2 minutes.
- ☐ Add the water and bay leaf; bring to a simmer. Reduce the heat to low and cook, covered, until all the liquid is absorbed and the rice is done, about 20 minutes.
- ☐ Remove the bay leaf.
- ☐ In a large glass or stainless-steel bowl, combine the rice, beans, bell pepper, and tomatoes.
- ☐ Add the remaining 1 tablespoon oil and 1/4 teaspoon salt, the vinegar, and parsley. Toss gently to combine.
- ☐ Serve with lime wedges, if using.
- ☐ Wine Recommendation: An unpretentious, exuberantly fruity, and robust red wine will suit this salad well. Look to Australia for one of its many delicious shiraz that just ooze blackberry and chocolate flavors. They're frequently incredible values, too.

## Nutrition Facts



## Properties

Glycemic Index:60.05, Glycemic Load:34.87, Inflammation Score:-9, Nutrition Score:14.997825871343%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 380.13kcal (19.01%), Fat: 11.27g (17.34%), Saturated Fat: 0.96g (6%), Carbohydrates: 62.84g (20.95%), Net Carbohydrates: 59.98g (21.81%), Sugar: 3.64g (4.04%), Cholesterol: 0mg (0%), Sodium: 746.53mg (32.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.65%), Vitamin K: 76.49µg (72.84%), Vitamin C: 39.92mg (48.38%), Manganese: 0.97mg (48.37%), Vitamin A: 944.36IU (18.89%), Vitamin E: 2.4mg (16.03%), Selenium: 10.86µg (15.51%), Vitamin B6: 0.29mg (14.44%), Copper: 0.26mg (13.05%), Phosphorus: 115.04mg (11.5%), Fiber: 2.86g (11.44%), Potassium: 355.57mg (10.16%), Magnesium: 35.28mg (8.82%), Vitamin B3: 1.73mg (8.65%), Vitamin B5: 0.85mg (8.47%), Iron: 1.4mg (7.79%), Vitamin B1: 0.11mg (7.27%), Folate: 28.86µg (7.22%), Zinc: 1.04mg (6.95%), Calcium: 51.64mg (5.16%), Vitamin B2: 0.07mg (4.01%)