



## Black-Bean & Tomato Quinoa

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

### Ingredients

- 2 teaspoons lime zest grated
- 2 tablespoons juice of lime fresh
- 2 tablespoons butter unsalted cooled melted
- 1 tablespoon vegetable oil
- 1 teaspoon sugar
- 1 cup quinoa
- 15 ounce black beans rinsed drained canned
- 2 medium tomatoes diced

- 4 spring onion chopped
- 0.3 cup cilantro leaves fresh chopped

## Equipment

- bowl
- whisk
- pot
- sieve
- kitchen towels

## Directions

- Whisk together lime zest and juice, butter, oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon 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 Facts



## Properties

Glycemic Index:51.02, Glycemic Load:1.54, Inflammation Score:-8, Nutrition Score:20.5230437109%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, 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: 354.55kcal (17.73%), Fat: 12.13g (18.66%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 49.92g (16.64%), Net Carbohydrates: 38.47g (13.99%), Sugar: 3.05g (3.39%), Cholesterol: 15.05mg (5.02%), Sodium: 416.76mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Manganese: 1.21mg (60.35%), Fiber: 11.45g (45.79%), Folate: 161.61µg (40.4%), Vitamin K: 39.59µg (37.71%), Phosphorus: 331.63mg (33.16%), Magnesium: 131.16mg (32.79%), Copper: 0.51mg (25.36%), Iron: 4.34mg (24.1%), Vitamin B1: 0.33mg (22.29%), Potassium: 762.29mg (21.78%), Vitamin C: 16.36mg (19.83%), Vitamin A: 888.8IU (17.78%), Vitamin B2: 0.29mg (17.03%), Vitamin B6: 0.33mg (16.35%), Zinc: 2.06mg (13.74%), Vitamin E: 1.92mg (12.8%), Vitamin B3: 1.76mg (8.8%), Calcium: 75.71mg (7.57%), Selenium: 5.16µg (7.38%), Vitamin B5: 0.61mg (6.12%)