



Black Beans and Coconut-Lime Rice



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups rice uncooked
- ☐ 3 tablespoons butter divided
- ☐ 30 oz black beans drained and rinsed canned
- ☐ 1.5 cups chicken broth
- ☐ 2 teaspoons chili powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 green onions thinly sliced
- ☐ 1 teaspoon ground cumin

- ☐ 1 lime
- ☐ 6 servings toppings: lime wedges fresh diced sour sliced
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 poblano pepper diced
- ☐ 0.3 teaspoon salt
- ☐ 1 cup coconut or sweetened flaked

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake coconut in a single layer on a baking sheet 8 to 10 minutes or until toasted.
- ☐ Bring broth, next 2 ingredients, 2 Tbsp. butter, and 1 cup water to a boil in a 2-qt. saucepan. Stir in rice. Cover, reduce heat to low, and cook 15 to 20 minutes or until rice is tender and water is absorbed.
- ☐ Meanwhile, melt remaining 1 Tbsp. butter in a medium saucepan over medium-high heat; add onion and poblano pepper, and saut 5 minutes or until tender. Stir in black beans, chili powder, cumin, and 3/4 cup water. Cook over medium-low heat, stirring occasionally, 15 minutes.
- ☐ Grate zest from lime, avoiding pale bitter pith, into a bowl; squeeze juice from lime into bowl.
- ☐ Fluff rice with a fork. Fold lime zest and juice, coconut, green onions, and cilantro into hot cooked rice.
- ☐ Serve bean mixture over rice with desired toppings.

Nutrition Facts



Properties

Glycemic Index:52.2, Glycemic Load:19.23, Inflammation Score:-7, Nutrition Score:16.853912939196%

Flavonoids

Hesperetin: 5.23mg, Hesperetin: 5.23mg, Hesperetin: 5.23mg, Hesperetin: 5.23mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 405.19kcal (20.26%), Fat: 10.69g (16.44%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 66.05g (22.02%), Net Carbohydrates: 53.06g (19.29%), Sugar: 6.85g (7.61%), Cholesterol: 16.23mg (5.41%), Sodium: 960.55mg (41.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.64%), Fiber: 12.99g (51.96%), Manganese: 1mg (49.91%), Vitamin C: 25.32mg (30.69%), Folate: 98.98µg (24.74%), Phosphorus: 231.06mg (23.11%), Copper: 0.45mg (22.51%), Iron: 3.85mg (21.4%), Magnesium: 74.58mg (18.65%), Potassium: 646.53mg (18.47%), Vitamin B1: 0.27mg (17.83%), Selenium: 10.55µg (15.07%), Vitamin B2: 0.25mg (14.83%), Vitamin K: 15.39µg (14.66%), Vitamin A: 593.68IU (11.87%), Vitamin B6: 0.23mg (11.47%), Vitamin B3: 1.99mg (9.94%), Zinc: 1.46mg (9.74%), Calcium: 84.18mg (8.42%), Vitamin B5: 0.76mg (7.63%), Vitamin E: 0.65mg (4.35%)