



Black Beans and Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 cups black beans canned drained
- 0.3 teaspoon cayenne pepper
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 1 teaspoon olive oil
- 1 onion chopped
- 1.5 cups vegetable broth low fat low sodium,
- 0.8 cup rice white uncooked

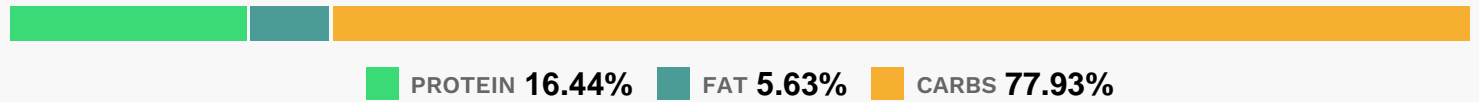
Equipment

pot

Directions

- In a stockpot over medium-high heat, heat the oil.
- Add the onion and garlic and saute for 4 minutes.
- Add the rice and saute for 2 minutes.
- Add the vegetable broth, bring to a boil, cover and lower the heat and cook for 20 minutes.
- Add the spices and black beans.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:7.17, Inflammation Score:-3, Nutrition Score:5.2291304430236%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 116.93kcal (5.85%), Fat: 0.73g (1.13%), Saturated Fat: 0.14g (0.84%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 18.29g (6.65%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 373.76mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Fiber: 4.57g (18.27%), Manganese: 0.32mg (16.16%), Folate: 40.01µg (10%), Phosphorus: 86.22mg (8.62%), Iron: 1.43mg (7.93%), Copper: 0.15mg (7.71%), Vitamin B1: 0.1mg (6.78%), Magnesium: 26.6mg (6.65%), Potassium: 224.43mg (6.41%), Vitamin B2: 0.08mg (4.93%), Selenium: 3.03µg (4.33%), Vitamin B6: 0.08mg (3.93%), Zinc: 0.51mg (3.42%), Vitamin C: 2.68mg (3.25%), Vitamin B3: 0.63mg (3.13%), Calcium: 30.51mg (3.05%), Vitamin B5: 0.27mg (2.69%), Vitamin A: 101.11IU (2.02%)