



Black Beans and Rice

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



523 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings goya adobo with pepper, to taste
- 1 goya bay leaf
- 15.5 ounce goya black beans undrained canned
- 0.5 teaspoon brown sugar
- 0.3 teaspoon goya cumin to taste
- 1 tablespoon goya extra virgin olive oil
- 0.5 teaspoon goya oregano leaf to taste
- 2 cups canilla extra rice long grain cooked

- 1 packet sazón goya without annatto
- 0.5 teaspoon goya vinegar white
- 1 tablespoon goya golden cooking wine

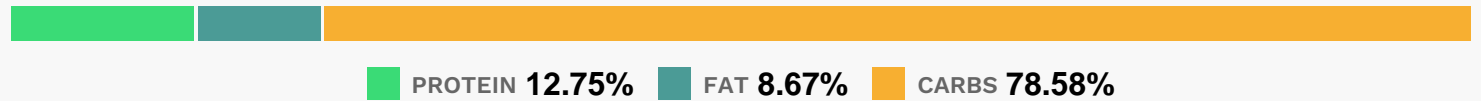
Equipment

- sauce pan
- pot

Directions

- Add 1/4 cup water to 4 quart saucepan over medium heat.
- Add first 10 ingredients to pot. Bring bean mixture to a boil. Reduce heat to medium-low and simmer until flavors come together, about 10 minutes. Discard bay leaf; season beans with Adobo.
- Divide beans evenly among serving plates. Divide cooked rice evenly among plates alongside beans.

Nutrition Facts



Properties

Glycemic Index:41.55, Glycemic Load:49.48, Inflammation Score:-7, Nutrition Score:16.688695758905%

Nutrients (% of daily need)

Calories: 522.62kcal (26.13%), Fat: 4.95g (7.62%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 101.03g (33.68%), Net Carbohydrates: 90.13g (32.77%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 290.43mg (12.63%), Alcohol: 0.39g (100%), Alcohol %: 0.23% (100%), Protein: 16.4g (32.8%), Manganese: 1.52mg (75.91%), Fiber: 10.9g (43.6%), Folate: 171.87µg (42.97%), Phosphorus: 262.37mg (26.24%), Magnesium: 101.88mg (25.47%), Vitamin B1: 0.33mg (22.31%), Selenium: 15.35µg (21.93%), Copper: 0.44mg (21.84%), Iron: 3.3mg (18.34%), Zinc: 2.26mg (15.07%), Potassium: 508.17mg (14.52%), Vitamin B5: 1.21mg (12.08%), Vitamin B6: 0.23mg (11.67%), Vitamin B3: 2.06mg (10.32%), Vitamin B2: 0.11mg (6.66%), Calcium: 62.94mg (6.29%), Vitamin E: 0.68mg (4.55%), Vitamin K: 3.84µg (3.65%)