



## Black Beans and Rice with Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 ounce black beans rinsed drained canned
- 1 teaspoon chili powder
- 1 cup rice long-grain hot cooked
- 3 garlic cloves minced
- 0.3 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 ounce cheddar cheese shredded reduced-fat

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon salt
- 0.5 cup water

## Equipment

- sauce pan

## Directions

- Heat oil in a medium saucepan over medium heat.
- Add onion and bell pepper; cook 5 minutes or until tender, stirring occasionally.
- Add garlic; cook 1 minute.
- Add water and next 7 ingredients (through beans); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until thoroughly heated.
- Place 1/4 cup rice on each of 4 plates; top with 1/2 cup bean mixture.
- Sprinkle each serving with 1 tablespoon cheese.

## Nutrition Facts



## Properties

Glycemic Index:60, Glycemic Load:12.83, Inflammation Score:-8, Nutrition Score:12.52565219561%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## Nutrients (% of daily need)

Calories: 211.27kcal (10.56%), Fat: 4.68g (7.21%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 24.61g (8.95%), Sugar: 1.77g (1.97%), Cholesterol: 1.49mg (0.5%), Sodium: 754.93mg (32.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.82%), Vitamin C: 29.04mg (35.2%), Fiber: 8.66g (34.66%), Manganese: 0.55mg (27.69%), Folate: 80.14µg (20.03%), Phosphorus: 184.18mg (18.42%), Vitamin A: 810.36IU (16.21%), Iron: 2.69mg (14.92%), Copper: 0.27mg (13.3%), Magnesium: 51.12mg (12.78%), Potassium: 445.03mg (12.72%), Vitamin B1: 0.19mg (12.35%), Vitamin B6: 0.22mg (11.09%), Vitamin B2: 0.18mg (10.61%), Calcium: 90.69mg (9.07%), Selenium: 5.98µg (8.54%), Vitamin E: 1.11mg (7.37%), Zinc: 1.06mg (7.04%), Vitamin B3: 1.14mg (5.68%), Vitamin K: 5.38µg (5.12%), Vitamin B5: 0.47mg (4.66%)