



## Black Beans and Rice with Spicy Black Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup spicy black beans
- 0.3 cup chicken broth low-sodium undiluted canned
- 1 cup rice long-grain cooked ( without salt or fat)
- 1 teaspoon garlic minced chopped
- 2 tablespoons bell pepper green chopped
- 1 Dash ground cumin
- 1.5 teaspoons jalapeno seeded chopped
- 0.5 teaspoon olive oil

- 2 tablespoons onion chopped
- 2 teaspoons red wine vinegar
- 0.1 teaspoon salt
- 0.5 cup tomatoes chopped

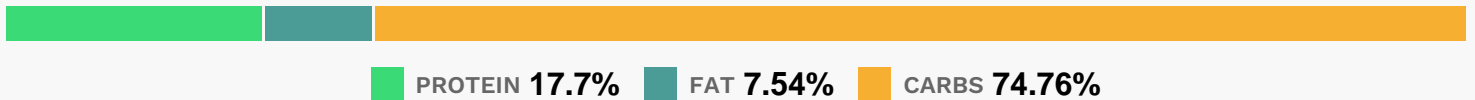
## Equipment

- frying pan
- wooden spoon

## Directions

- Coat a small nonstick skillet with cooking spray; add oil.
- Place over medium heat until hot; add tomato and next 4 ingredients.
- Saute 4 minutes.
- Add Spicy Black Beans and next 4 ingredients. Cook 10 minutes, mashing beans slightly with the back of a wooden spoon. To serve, spoon bean mixture over rice.

## Nutrition Facts



## Properties

Glycemic Index:140.5, Glycemic Load:28.59, Inflammation Score:-7, Nutrition Score:13.342173856238%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

## Nutrients (% of daily need)

Calories: 248.49kcal (12.42%), Fat: 2.1g (3.22%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 38.03g (13.83%), Sugar: 1.89g (2.09%), Cholesterol: 0mg (0%), Sodium: 160.01mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.15%), Manganese: 0.87mg (43.47%), Fiber: 8.76g (35.05%), Folate: 140.04µg (35.01%), Vitamin C: 18.3mg (22.18%), Magnesium: 78.97mg (19.74%), Phosphorus: 183.09mg

(18.31%), Vitamin B1: 0.26mg (17.13%), Copper: 0.29mg (14.62%), Potassium: 503.72mg (14.39%), Iron: 2.58mg (14.31%), Vitamin B6: 0.23mg (11.74%), Selenium: 7.26µg (10.37%), Zinc: 1.52mg (10.14%), Vitamin A: 396.97IU (7.94%), Vitamin B3: 1.51mg (7.57%), Vitamin B5: 0.59mg (5.92%), Vitamin B2: 0.09mg (5.19%), Vitamin K: 5.02µg (4.78%), Calcium: 47.47mg (4.75%), Vitamin E: 0.57mg (3.77%)