



Black Beans and Rice Your Way



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



685 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups kemp's black beans
- ☐ 2 teaspoons olive oil
- ☐ 1 cup pumpkin seeds green hulled toasted () (also called pepitas; not)
- ☐ 0.8 teaspoon salt
- ☐ 1 pound sweet potatoes peeled cut into 1/2-inch cubes
- ☐ 2.3 cups water
- ☐ 1.5 cups rice long-grain white

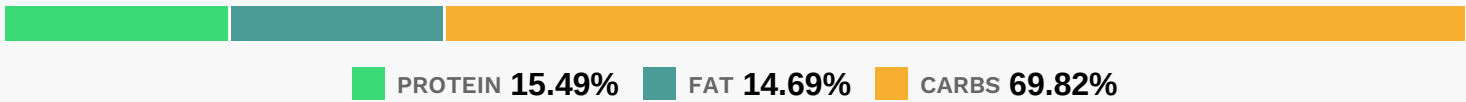
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Toss sweet potatoes with oil and salt, then spread in 1 layer in a large shallow baking pan. Roast, stirring and turning over once or twice, until tender and browned, 35 to 40 minutes.
- ☐ Bring water, rice, and salt to a boil in a 2- to 3-quart heavy saucepan, then reduce heat and cook, tightly covered, until rice is tender and water is absorbed, about 15 minutes.
- ☐ Let stand, covered, off heat 5 minutes, then fluff with a fork.
- ☐ Toast pumpkin seeds in a dry 10- to 12-inch heavy skillet (not nonstick; preferably cast-iron) over moderate heat, stirring, until seeds are puffed and pale golden, 3 to 4 minutes.
- ☐ Transfer to a bowl and stir in oil and salt to taste.
- ☐ Reheat black beans, thinning with water if necessary, then serve along with rice, sweet potatoes, pumpkin seeds, and accompaniments, each in a separate bowl.

Nutrition Facts



Properties

Glycemic Index:39.8, Glycemic Load:52.47, Inflammation Score:-10, Nutrition Score:33.990869770879%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 684.9kcal (34.25%), Fat: 11.29g (17.37%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 120.78g (40.26%), Net Carbohydrates: 100.55g (36.56%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 511.4mg (22.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.61%), Vitamin A: 16100.67IU (322.01%), Manganese: 2.54mg (126.95%), Fiber: 20.23g (80.91%), Folate: 283.58µg (70.9%), Magnesium: 262.16mg (65.54%), Phosphorus: 571.16mg (57.12%), Copper: 0.92mg (45.99%), Vitamin B1: 0.6mg (40.02%), Iron: 6.28mg (34.92%), Potassium: 1202.08mg (34.35%), Zinc: 4.29mg (28.58%), Vitamin B6: 0.49mg (24.62%), Vitamin B5: 2.15mg (21.47%), Selenium: 14.73µg (21.04%), Vitamin B3: 3.41mg (17.04%), Vitamin B2: 0.23mg (13.48%), Calcium: 111.53mg (11.15%), Vitamin E: 1.01mg (6.72%), Vitamin K: 4.48µg (4.27%), Vitamin C: 3.03mg (3.67%)