



Black Beans and Vegetables over Rice

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounce black beans rinsed drained canned
- 14.5 ounce canned tomatoes diced canned
- 0.8 cup celery thinly sliced
- 3 cups rice hot cooked
- 1 tablespoon brown sugar dark
- 0.8 teaspoon rubbed sage dried
- 1.5 cups green beans fresh sliced
- 1 teaspoon olive oil

- 0.8 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 3 ounces pre-shredded cheddar cheese reduced-fat
- 3 cups sweet potatoes and into peeled chopped (2 large)
- 14.5 ounce vegetable broth canned
- 1.5 cups zucchini chopped (2)

Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add onion and celery; saut 5 minutes or until tender.
- Add sweet potato and next 9 ingredients; stir well. Bring to a boil. Cover, reduce heat, and simmer 45 minutes or until vegetables are tender.
- Serve over rice.
- Sprinkle evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:107.25, Glycemic Load:50.29, Inflammation Score:-10, Nutrition Score:32.183913370837%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 520.53kcal (26.03%), Fat: 9.53g (14.65%), Saturated Fat: 4.54g (28.35%), Carbohydrates: 91.69g (30.56%), Net Carbohydrates: 76.26g (27.73%), Sugar: 16.64g (18.49%), Cholesterol: 21.26mg (7.09%), Sodium: 1477.78mg (64.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.63%), Vitamin A: 15273.86IU (305.48%), Manganese: 1.51mg (75.58%), Fiber: 15.43g (61.72%), Phosphorus: 393.67mg (39.37%), Potassium: 1340.83mg (38.31%), Vitamin C: 30.98mg (37.56%), Vitamin B6: 0.73mg (36.7%), Copper: 0.71mg (35.66%), Folate: 136.76µg (34.19%), Vitamin K: 34.29µg (32.65%), Magnesium: 128.24mg (32.06%), Calcium: 306.21mg (30.62%), Iron: 5.05mg (28.04%), Vitamin B1: 0.41mg (27.42%), Vitamin B2: 0.46mg (27.12%), Selenium: 18.16µg (25.94%), Vitamin B5: 2.11mg (21.13%), Zinc: 2.86mg (19.06%), Vitamin B3: 3.59mg (17.96%), Vitamin E: 2.18mg (14.53%), Vitamin B12: 0.23µg (3.76%)