



Black Beans, Corn, and Yellow Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- 15 ounce black beans rinsed drained canned
- 1 teaspoon ground cumin
- 2 teaspoons juice of lime
- 2 tablespoons olive oil
- 8 ounce rice yellow
- 1.3 cups water
- 15.3 ounce corn whole drained canned

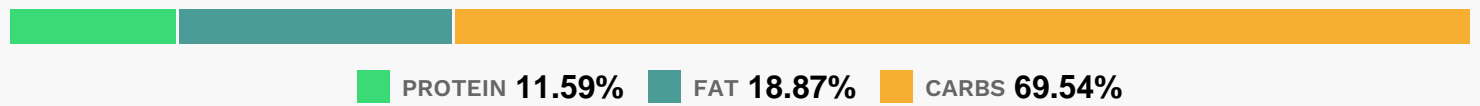
Equipment

- bowl
- sauce pan

Directions

- Bring the rice, water, and olive oil to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- Mix together the beans, corn, lime juice, and cumin in a large bowl. Stir in the cooked rice and serve.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:13.65, Inflammation Score:-2, Nutrition Score:6.437391275621%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 224.03kcal (11.2%), Fat: 4.67g (7.19%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 34.65g (12.6%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 295.98mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Manganese: 0.47mg (23.56%), Fiber: 4.07g (16.27%), Folate: 50.51µg (12.63%), Phosphorus: 113.59mg (11.36%), Copper: 0.19mg (9.48%), Iron: 1.54mg (8.57%), Magnesium: 33.02mg (8.26%), Potassium: 264.98mg (7.57%), Selenium: 4.99µg (7.12%), Vitamin B1: 0.1mg (6.95%), Vitamin B3: 1.22mg (6.09%), Vitamin B2: 0.09mg (5.11%), Zinc: 0.76mg (5.09%), Vitamin B5: 0.39mg (3.87%), Vitamin B6: 0.08mg (3.86%), Vitamin E: 0.55mg (3.64%), Vitamin C: 2.75mg (3.33%), Calcium: 31.27mg (3.13%), Vitamin K: 2.16µg (2.05%)