



HEALTH SCORE

70%

Brown Rice and Beans with Ginger Chile Salsa



Vegetarian



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 avocado pitted halved chopped



4 servings pepper black freshly ground



1 cup brown rice



30 ounce black beans rinsed canned



2 pepper flakes red stemmed halved seeded



0.3 cup cotija cheese crumbled



0.5 cup cilantro leaves fresh divided coarsely chopped



1 garlic clove

- ☐ 1 tablespoon ginger peeled chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 servings lime wedges (for serving)
- ☐ 1 tablespoon lime zest finely grated
- ☐ 2 tablespoons olive oil divided
- ☐ 1 medium onion divided chopped
- ☐ 1 cup vegetable broth low-sodium

Equipment

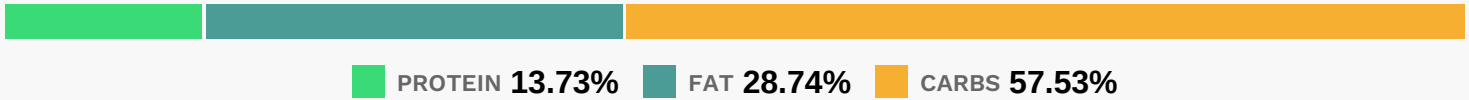
- ☐ sauce pan

Directions

- ☐ Heat 1 tablespoon oil in a medium saucepan overmedium heat.
- ☐ Add 1/4 of onion and cook,stirring occasionally, until softened, about5 minutes.
- ☐ Add rice and stir to coat.
- ☐ Add2 cups water and season with salt. Bring toa boil, reduce heat to low, cover, and cookuntil rice is just tender, 40–50 minutes.
- ☐ Remove from heat.
- ☐ Let stand, covered,for 10 minutes. Fluff rice with a fork. Fold in1/4 cup cilantro; season with salt and pepper.
- ☐ While rice is cooking, heat remaining1 tablespoon oil in a medium saucepan overmedium heat.
- ☐ Add 2/3 of remaining onion.Cook, stirring occasionally, until onion hassoftened, about 5 minutes.
- ☐ Add coriander and cumin; stir 1 minute.
- ☐ Add beans and broth; season with saltand pepper. Bring to a boil, reduce heat,and simmer, occasionally mashing beans,until thickened, 8–10 minutes.

- ☐
- Pulse chiles, garlic, ginger, lime zest,lime juice, and remaining onion in a blenderuntil a chunky sauce forms. Season salsawith salt.
- ☐
- Serve rice with beans; top with salsa,avocado, cheese, 1/4 cup cilantro, and limewedges.
- ☐
- Per serving: 360 calories, 16 g fat, 16 g fiber
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:93.94, Glycemic Load:22.28, Inflammation Score:-9, Nutrition Score:31.581304519073%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 567.43kcal (28.37%), Fat: 18.66g (28.72%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 84.07g (28.02%), Net Carbohydrates: 62.84g (22.85%), Sugar: 3.31g (3.67%), Cholesterol: 8.34mg (2.78%), Sodium: 1128.48mg (49.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Manganese: 2.49mg (124.61%), Fiber: 21.23g (84.94%), Vitamin C: 51.4mg (62.31%), Folate: 196.54µg (49.13%), Phosphorus: 440.37mg (44.04%), Magnesium: 173.1mg (43.27%), Vitamin B1: 0.58mg (38.87%), Copper: 0.71mg (35.26%), Vitamin B6: 0.7mg (34.94%), Potassium: 1201.95mg (34.34%), Iron: 6.07mg (33.74%), Vitamin B2: 0.46mg (26.91%), Vitamin B3: 4.75mg (23.73%), Vitamin K: 24.71µg (23.53%), Vitamin B5: 2.01mg (20.13%), Zinc: 2.89mg (19.29%), Calcium: 166.57mg (16.66%), Vitamin E: 2.34mg (15.58%), Vitamin A: 486.92IU (9.74%), Selenium: 4.95µg (7.07%), Vitamin B12: 0.16µg (2.64%)