



## BUSH'S® Traditional Black Beans and Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 ounce bush's® black beans canned
- 3 tablespoons cider vinegar
- 2 cups rice cooked
- 1 teaspoon garlic salt
- 0.5 cup bell pepper green finely chopped
- 1 tablespoon olive oil
- 0.8 cup onion finely chopped
- 0.5 teaspoon pepper sauce hot

- 0.5 teaspoon thyme leaves
- 1 cup tomatoes diced

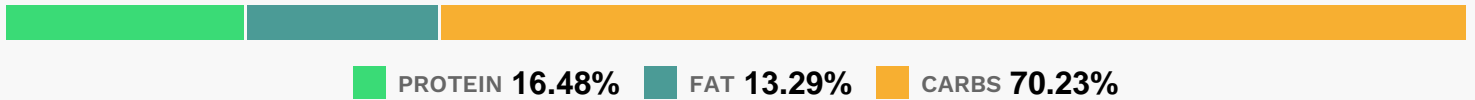
## Equipment

- frying pan

## Directions

- In large skillet heat olive oil; cook onion and green pepper until crisp tender; stir in tomatoes, beans, thyme and garlic salt, cook 3 minutes; add vinegar, pepper sauce, and reserved juices continue to cook 5 minutes.
- Serve over rice.
- Garnish with lime wedge (optional).

## Nutrition Facts



## Properties

Glycemic Index:49.83, Glycemic Load:19.87, Inflammation Score:-7, Nutrition Score:10.280869483948%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 199.38kcal (9.97%), Fat: 2.96g (4.55%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 27.92g (10.15%), Sugar: 1.86g (2.07%), Cholesterol: 0mg (0%), Sodium: 400.48mg (17.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Manganese: 0.66mg (32.76%), Folate: 116.04µg (29.01%), Fiber: 7.25g (29%), Vitamin C: 15.38mg (18.64%), Magnesium: 62.57mg (15.64%), Vitamin B1: 0.21mg (13.94%), Phosphorus: 136.93mg (13.69%), Potassium: 386.89mg (11.05%), Copper: 0.22mg (10.85%), Iron: 1.81mg (10.04%), Vitamin B6: 0.17mg (8.53%), Zinc: 1.15mg (7.68%), Selenium: 4.91µg (7.01%), Vitamin A: 265.91IU (5.32%), Vitamin B5: 0.44mg (4.37%), Vitamin K: 4.37µg (4.17%), Vitamin B3: 0.8mg (4.01%), Vitamin B2: 0.06mg (3.72%), Vitamin E: 0.54mg (3.61%), Calcium: 34.22mg (3.42%)