



Calypso Rice and Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups rice uncooked
- ☐ 2 bay leaves
- ☐ 0.8 teaspoon pepper black
- ☐ 1 cup celery chopped
- ☐ 1 cup black beans dried
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 4 garlic cloves chopped
- ☐ 0.5 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 tablespoons jalapeno minced seeded
- ☐ 1 tablespoon olive oil
- ☐ 1.3 cups onion chopped
- ☐ 2 cups pineapple diced
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.8 teaspoon salt
- ☐ 3.5 cups water
- ☐ 0.5 cup bell pepper yellow chopped

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Sort and wash beans, and place in a medium saucepan. Cover with water to 2 inches above beans; bring to a boil, and cook for 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans, and return to pan. Cover beans with 2 inches of water. Bring beans to a boil over medium-high heat. Reduce heat, and simmer for 1 1/2 hours or until tender.
- ☐ Drain beans, and set aside.
- ☐ To prepare rice, heat oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add onion, celery, jalapeo, salt, garlic, and bay leaves; saut 4 minutes.
- ☐ Add rice; cook 1 minute.
- ☐ Add 3 1/2 cups water; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Add beans; cover, and simmer 12 minutes, stirring occasionally. Discard bay leaves.
- ☐ Stir in the bell peppers, black pepper, cumin, and coriander, and cook 6 minutes. Stir in pineapple and cilantro; cook 2 minutes.

Nutrition Facts



 **PROTEIN 12.85%**  **FAT 8.49%**  **CARBS 78.66%**

Properties

Glycemic Index:21.37, Glycemic Load:10.21, Inflammation Score:-5, Nutrition Score:7.9030434774316%

Flavonoids

Petunidin: 1.87mg, Petunidin: 1.87mg, Petunidin: 1.87mg, Petunidin: 1.87mg Delphinidin: 2.24mg, Delphinidin: 2.24mg, Delphinidin: 2.24mg, Delphinidin: 2.24mg Malvidin: 1.29mg, Malvidin: 1.29mg, Malvidin: 1.29mg, Malvidin: 1.29mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 133.33kcal (6.67%), Fat: 1.27g (1.96%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 23.57g (8.57%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 119.55mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Vitamin C: 27.48mg (33.31%), Manganese: 0.57mg (28.66%), Folate: 67.54µg (16.88%), Fiber: 2.97g (11.87%), Vitamin B1: 0.15mg (10.09%), Copper: 0.19mg (9.5%), Potassium: 287.65mg (8.22%), Magnesium: 32.2mg (8.05%), Phosphorus: 74.11mg (7.41%), Vitamin B6: 0.14mg (7.18%), Iron: 0.98mg (5.45%), Zinc: 0.73mg (4.87%), Selenium: 3.27µg (4.68%), Vitamin A: 231.89IU (4.64%), Vitamin K: 4.7µg (4.48%), Vitamin B5: 0.39mg (3.94%), Vitamin B3: 0.77mg (3.85%), Calcium: 33.56mg (3.36%), Vitamin B2: 0.05mg (3.14%), Vitamin E: 0.33mg (2.19%)