

Caribbean Beans and Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon allspice
- 1 tablespoon basil
- 15 ounce canned tomatoes diced canned
- 0.1 cup capers drained
- 0.5 teaspoon chipotle sauce
- 6 cloves garlic minced
- 3 cups kidney beans cooked drained canned
- 8 servings lime

- 1 large onion chopped
- 1 tablespoon oregano
- 0.5 tablespoon hot sauce hot
- 0.3 cup pimiento stuffed olives spanish
- 1.5 cups quinoa rinsed
- 8 servings salt and pepper freshly ground to taste
- 2 cups vegetable stock
- 1 large bell pepper green red yellow chopped

Equipment

- pot

Directions

- Heat a large, non-stick pot over medium-high heat . Sauté the peppers, onions, and garlic just until softened.
- Add the quinoa and toast it for about 4 minutes, stirring constantly, just to dry it out a little.
- Add the remaining ingredients, turn the heat to low, cover and cook until the quinoa is tender and the liquid is absorbed, about 20 minutes. Stir well before serving.
- Add a squeeze of fresh lime juice at the table.

Nutrition Facts



PROTEIN 18.43% **FAT 11.22%** **CARBS 70.35%**

Properties

Glycemic Index:37.91, Glycemic Load:5.48, Inflammation Score:-9, Nutrition Score:18.520434669826%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg

13.57mg

Nutrients (% of daily need)

Calories: 248.65kcal (12.43%), Fat: 3.22g (4.96%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 45.49g (15.16%), Net Carbohydrates: 35.8g (13.02%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 667.34mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Manganese: 1.19mg (59.59%), Folate: 160.61µg (40.15%), Fiber: 9.69g (38.76%), Vitamin C: 27.15mg (32.91%), Magnesium: 111.71mg (27.93%), Phosphorus: 272.98mg (27.3%), Iron: 4.61mg (25.62%), Copper: 0.5mg (24.99%), Vitamin B6: 0.42mg (21.22%), Potassium: 696.75mg (19.91%), Vitamin B1: 0.29mg (19.39%), Vitamin K: 15.74µg (14.99%), Zinc: 1.97mg (13.11%), Vitamin E: 1.86mg (12.41%), Vitamin B2: 0.19mg (11.21%), Vitamin B3: 1.73mg (8.67%), Calcium: 79.52mg (7.95%), Vitamin A: 370.31IU (7.41%), Selenium: 4.37µg (6.24%), Vitamin B5: 0.62mg (6.21%)