



## Caribbean Black Beans with Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



5

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 cups water
- 1.5 cups black beans dried
- 2 teaspoons vegetable oil
- 1.5 cups papaya diced peeled seeded
- 1 cup bell pepper red finely chopped
- 0.5 cup onion red finely chopped ()
- 0.5 cup orange juice
- 0.3 cup juice of lime

- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground pepper red (cayenne)
- 2 cloves garlic finely chopped
- 5 cups rice hot cooked

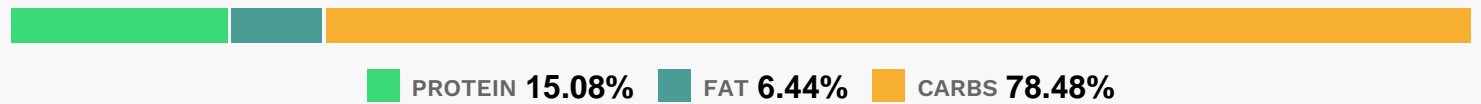
## Equipment

- frying pan
- sauce pan

## Directions

- In 2-quart saucepan, heat water and beans to boiling. Boil uncovered 2 minutes; reduce heat. Cover and simmer about 45 minutes, stirring occasionally, until beans are tender; drain.
- In 10-inch skillet, heat oil over medium heat. Cook remaining ingredients except rice in oil about 5 minutes, stirring occasionally, until bell pepper is crisp-tender. Stir in beans. Cook about 5 minutes or until hot.
- Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:74.55, Glycemic Load:52.22, Inflammation Score:-9, Nutrition Score:28.077826686527%

## Flavonoids

Petunidin: 8.97mg, Petunidin: 8.97mg, Petunidin: 8.97mg, Petunidin: 8.97mg Delphinidin: 10.77mg, Delphinidin: 10.77mg, Delphinidin: 10.77mg, Delphinidin: 10.77mg Malvidin: 6.18mg, Malvidin: 6.18mg, Malvidin: 6.18mg, Malvidin: 6.18mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 468.63kcal (23.43%), Fat: 3.38g (5.2%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 92.74g (30.91%), Net Carbohydrates: 81.3g (29.56%), Sugar: 8.85g (9.83%), Cholesterol: 0mg (0%), Sodium: 21.16mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Vitamin C: 81.51mg (98.8%), Folate: 304.43µg (76.11%), Manganese: 1.46mg (73.19%), Fiber: 11.45g (45.79%), Vitamin B1: 0.62mg (41.13%), Magnesium: 138.95mg (34.74%), Copper: 0.68mg (34.08%), Potassium: 1154.51mg (32.99%), Vitamin A: 1492.03IU (29.84%), Phosphorus: 297.8mg (29.78%), Vitamin B6: 0.47mg (23.49%), Zinc: 3.1mg (20.65%), Selenium: 14.3µg (20.43%), Iron: 3.6mg (20.02%), Vitamin B5: 1.4mg (14.04%), Vitamin B3: 2.37mg (11.87%), Calcium: 114.94mg (11.49%), Vitamin B2: 0.19mg (10.97%), Vitamin K: 9.96µg (9.49%), Vitamin E: 1.03mg (6.89%)