



Caribbean Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.8 cups butternut squash cubed peeled
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 cup coconut milk light
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped

- ☐ 1 cup parboiled rice long-grain such as Uncle Ben's
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon or dried fresh chopped

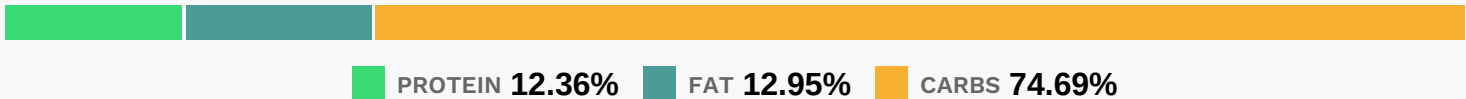
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth and coconut milk to a boil in a medium saucepan over medium-high heat; add rice. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat; keep warm.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Reduce heat to medium.
- ☐ Add squash; cook 8 minutes or until tender, stirring occasionally. Stir in thyme and remaining ingredients; cook 3 minutes or until thoroughly heated, stirring occasionally.
- ☐ Add rice to squash mixture, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:15.4, Inflammation Score:-10, Nutrition Score:13.915652259536%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 242.9kcal (12.14%), Fat: 3.48g (5.35%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 45.1g (15.03%), Net Carbohydrates: 38.42g (13.97%), Sugar: 2.15g (2.38%), Cholesterol: 0mg (0%), Sodium: 691.57mg (30.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.93%), Vitamin A: 4350.74IU (87.01%), Manganese: 0.66mg (33%), Fiber: 6.68g (26.72%), Folate: 62.8µg (15.7%), Vitamin C: 12.59mg (15.26%), Phosphorus: 139.33mg (13.93%), Potassium: 457.32mg (13.07%), Copper: 0.26mg (12.82%), Iron: 2.29mg (12.72%), Magnesium: 50.37mg (12.59%), Vitamin B1: 0.18mg (11.89%), Selenium: 6.97µg (9.96%), Vitamin B6: 0.2mg (9.76%), Vitamin B3: 1.74mg (8.68%), Vitamin B2: 0.13mg (7.45%), Vitamin B5: 0.7mg (6.97%), Calcium: 65.01mg (6.5%), Zinc: 0.85mg (5.69%), Vitamin E: 0.74mg (4.95%), Vitamin K: 4µg (3.81%), Vitamin B12: 0.09µg (1.58%)