



Caribbean Rice and Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce black beans drained canned
- 0.5 cup celery chopped
- 0.3 teaspoon pepper red crushed
- 0.3 cup cilantro leaves fresh chopped
- 3 garlic cloves minced
- 0.5 cup bell pepper diced green
- 0.3 teaspoon ground cumin
- 0.7 cup rice instant uncooked

- 1 cup onion chopped
- 2 ounces part-skim mozzarella cheese shredded
- 0.1 teaspoon salt
- 1 cup tomatoes coarsely chopped
- 1 teaspoon vegetable oil
- 0.7 cup water

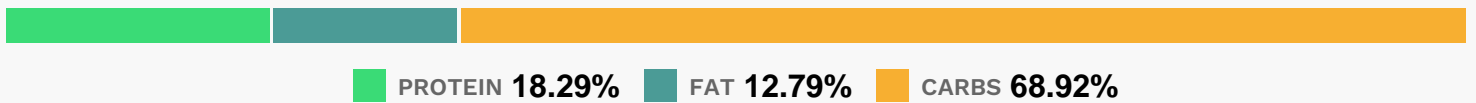
Equipment

- frying pan
- sauce pan

Directions

- Bring water to a boil in a saucepan, and stir in rice. Cover, reduce heat, and simmer 5 minutes or until liquid is absorbed; set aside.
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add onion, celery, bell pepper, and garlic; saut 5 minutes or until tender.
- Add chopped tomato, salt, crushed red pepper, and cumin, and saut 2 minutes. Stir in cooked rice, cilantro, and black beans, and cook for 1 minute or until thoroughly heated. Divide the bean mixture evenly among 4 plates, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:58.8, Glycemic Load:16.37, Inflammation Score:-7, Nutrition Score:15.240434824125%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg

Nutrients (% of daily need)

Calories: 287.83kcal (14.39%), Fat: 4.12g (6.34%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 49.97g (16.66%), Net Carbohydrates: 40.46g (14.71%), Sugar: 3.53g (3.92%), Cholesterol: 9.07mg (3.02%), Sodium: 589.38mg (25.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.53%), Manganese: 0.76mg (38.14%), Fiber: 9.51g (38.06%), Vitamin C: 27.28mg (33.07%), Phosphorus: 248.12mg (24.81%), Folate: 88.92µg (22.23%), Calcium: 184.07mg (18.41%), Copper: 0.35mg (17.37%), Potassium: 605.82mg (17.31%), Magnesium: 61.39mg (15.35%), Iron: 2.73mg (15.18%), Vitamin B1: 0.22mg (14.98%), Vitamin B6: 0.28mg (14.02%), Vitamin K: 13.78µg (13.13%), Vitamin B2: 0.22mg (13.04%), Selenium: 8.69µg (12.41%), Vitamin A: 615.46IU (12.31%), Zinc: 1.52mg (10.13%), Vitamin B3: 1.61mg (8.06%), Vitamin B5: 0.67mg (6.72%), Vitamin E: 0.54mg (3.58%), Vitamin B12: 0.12µg (1.94%)