



Caribbean Rice and Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 ounce black beans rinsed canned (or your choice of beans)
- ☐ 1 tablespoon chives chopped
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 6 servings hot sauce to taste (recommended: Tabasco)
- ☐ 1 large onion chopped
- ☐ 1 cup rice dry
- ☐ 2 tablespoons rice wine vinegar

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 scotch bonnet pepper diced seeded (while handling, protect your hands and eyes, and avoid breathing fumes)
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups vegetable stock

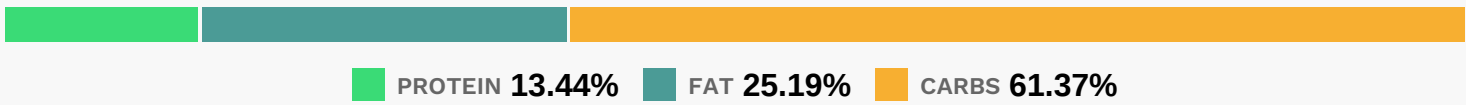
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet. Gently saute onions, garlic and hot peppers, then add beans and vinegar and cook for about 5 minutes.
- ☐ Add the rice to the beans, then stir in stock, reduce heat, and simmer until rice is cooked, about 15 to 20 minutes. Stir in parsley, chives, hot sauce, salt, and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:61.2, Glycemic Load:15.96, Inflammation Score:-6, Nutrition Score:14.678695720175%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 348.02kcal (17.4%), Fat: 9.78g (15.04%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 53.61g (17.87%), Net Carbohydrates: 42.23g (15.36%), Sugar: 1.84g (2.05%), Cholesterol: 0mg (0%), Sodium: 900.25mg (39.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.47%), Fiber: 11.37g (45.5%), Vitamin K: 40.07µg (38.16%), Manganese: 0.76mg (37.9%), Folate: 102.24µg (25.56%), Phosphorus: 209.34mg (20.93%), Copper: 0.38mg (18.82%), Iron: 3.3mg (18.34%), Vitamin B1: 0.25mg (16.6%), Magnesium: 64.68mg (16.17%), Potassium: 554.79mg (15.85%), Vitamin B2: 0.21mg (12.19%), Vitamin C: 9.58mg (11.61%), Selenium: 6.93µg (9.9%), Vitamin B6:

0.18mg (9.13%), Zinc: 1.23mg (8.18%), Vitamin B3: 1.5mg (7.5%), Calcium: 72.3mg (7.23%), Vitamin B5: 0.64mg (6.38%), Vitamin A: 316.22IU (6.32%), Vitamin E: 0.8mg (5.34%)