



Chipotle Black Beans And Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15.5 ounce black beans rinsed drained canned
- ☐ 4 ounce chiles green chopped canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.5 chipotle chili pepper in adobo sauce finely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.8 teaspoon ground turmeric
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat

- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion finely chopped
- ☐ 1.3 cups rice long-grain uncooked
- ☐ 0.5 teaspoon salt

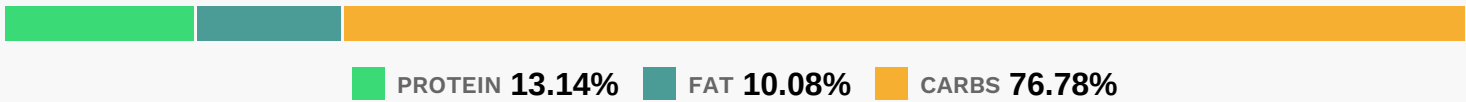
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice and turmeric in water according to rice package directions, omitting salt and fat.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion; saut 2 minutes until tender.
- ☐ Add cumin and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; stir in salt.
- ☐ Top rice with bean mixture, sour cream, and cilantro.

Nutrition Facts



Properties

Glycemic Index:42.05, Glycemic Load:32.41, Inflammation Score:-10, Nutrition Score:19.129565308923%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 416.4kcal (20.82%), Fat: 4.71g (7.25%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 80.76g (26.92%), Net Carbohydrates: 69.13g (25.14%), Sugar: 6.05g (6.72%), Cholesterol: 5.03mg (1.68%), Sodium: 977.81mg (42.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.63%), Manganese: 1.19mg (59.61%), Fiber: 11.63g (46.54%), Vitamin C: 24.84mg (30.11%), Copper: 0.55mg (27.72%), Folate: 108.67µg (27.17%), Iron: 4.68mg (26.01%),

Phosphorus: 246.58mg (24.66%), Potassium: 833.68mg (23.82%), Magnesium: 81.44mg (20.36%), Vitamin B1: 0.3mg (19.9%), Vitamin B6: 0.4mg (19.87%), Selenium: 12.07µg (17.24%), Vitamin B3: 3.18mg (15.91%), Vitamin B2: 0.25mg (14.84%), Calcium: 130.75mg (13.08%), Vitamin B5: 1.18mg (11.8%), Vitamin E: 1.73mg (11.54%), Zinc: 1.72mg (11.46%), Vitamin K: 10.06µg (9.58%), Vitamin A: 377.97IU (7.56%), Vitamin B12: 0.06µg (1.01%)