



HEALTH SCORE

100%

Colombian-style Beans and Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



1440 min.

SERVINGS



6

CALORIES



1622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings aji amarillo-pineapple salsa
- 6 servings avocado sliced
- 4 cups rice white cooked
- 6 servings eggs
- 6 servings kosher salt
- 1.5 cups onion chopped
- 6 servings plantains sweet
- 0.5 pound pork belly cut into 1-inch cubes

- 1 pound kidney beans dried red fine (kidney beans work)
- 6 servings skirt steak
- 1 tablespoon sugar
- 2 cups tomatoes chopped
- 2 tablespoons vegetable oil

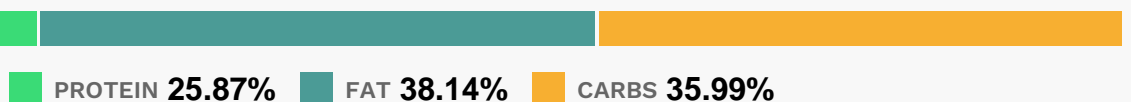
Equipment

- bowl
- sauce pan
- pressure cooker

Directions

- Place beans in a large bowl and add 2 tablespoons salt. Cover with cold water by 6 inches and allow to sit at room temperature overnight. If using a pressure cooker, this step can be skipped.
- The next day, drain beans and set aside.
- Heat oil in a large heavy-bottomed saucepan or pressure cooker over high heat until shimmering.
- Add pork belly and cook, stirring occasionally, until well-browned and crisped on all sides, about 10 minutes total.
- Add tomatoes and onions and cook, stirring frequently until softened, about 3 minutes.
- Add beans, sugar, and 1 tablespoon salt. Cover with water by 2 to 3 inches and bring to a boil. Reduce to a simmer and cook, stirring occasionally and adding water as necessary, until beans are completely softened and liquid is thickened but still soupy, about 3 hours. (If using a pressure cooker, cook on high pressure until beans are tender, about 45 minutes).
- Season beans to taste with more salt and sugar and serve with cooked rice, avocado, plantains, fried eggs, steak, and aji as desired.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:48.27, Inflammation Score:-10, Nutrition Score:74.140869472338%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 1622.12kcal (81.11%), Fat: 70.52g (108.5%), Saturated Fat: 21.13g (132.09%), Carbohydrates: 149.7g (49.9%), Net Carbohydrates: 126.76g (46.09%), Sugar: 38.84g (43.15%), Cholesterol: 405.1mg (135.03%), Sodium: 521.24mg (22.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 107.64g (215.27%), Zinc: 26.61mg (177.4%), Selenium: 104.95µg (149.93%), Vitamin B6: 2.78mg (139.2%), Vitamin B12: 7.95µg (132.52%), Vitamin B3: 26.4mg (131.99%), Folate: 467.94µg (116.98%), Phosphorus: 1137mg (113.7%), Vitamin B2: 1.84mg (108.49%), Manganese: 2.14mg (107.21%), Potassium: 3723.84mg (106.4%), Fiber: 22.95g (91.79%), Vitamin K: 94.58µg (90.07%), Iron: 13.99mg (77.7%), Magnesium: 301.7mg (75.42%), Vitamin B1: 1.07mg (71.16%), Vitamin C: 57.65mg (69.88%), Copper: 1.3mg (65.18%), Vitamin B5: 5.77mg (57.65%), Vitamin A: 2861.32IU (57.23%), Vitamin E: 3.87mg (25.83%), Calcium: 152.03mg (15.2%), Vitamin D: 1.22µg (8.13%)