



HEALTH SCORE

63%

Cuban Beans and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups rice hot cooked
- ☐ 20 ounce tomatoes and chiles diced green drained canned
- ☐ 1 pound black beans dried
- ☐ 2 teaspoons fennel seeds crushed
- ☐ 1 cup bell pepper green chopped
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons olive oil

- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1.5 cups bell pepper red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 2 cups vegetable broth organic
- ☐ 2 cups water

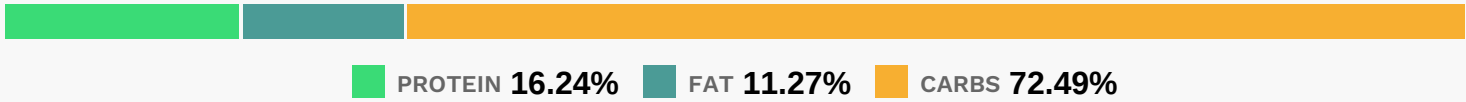
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Sort and wash beans; place in a large bowl. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans.
- ☐ Place beans, 2 cups water, and next 10 ingredients (through oregano) in an electric slow cooker; stir well. Cover and cook on HIGH for 5 hours or until beans are tender. Stir in vinegar and tomatoes.
- ☐ Serve over rice.
- ☐ Sprinkle with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:25.18, Inflammation Score:-9, Nutrition Score:21.272608674091%

Flavonoids

Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg

4.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 321.41kcal (16.07%), Fat: 4.1g (6.31%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 59.33g (19.78%), Net Carbohydrates: 49.61g (18.04%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 552.1mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.57%), Vitamin C: 48.45mg (58.73%), Folate: 227.14µg (56.78%), Manganese: 1.05mg (52.56%), Fiber: 9.72g (38.88%), Vitamin B1: 0.49mg (32.71%), Potassium: 952.18mg (27.21%), Magnesium: 106.66mg (26.66%), Copper: 0.52mg (26.18%), Phosphorus: 228.89mg (22.89%), Iron: 3.78mg (21.02%), Vitamin B6: 0.41mg (20.54%), Vitamin A: 942.13IU (18.84%), Zinc: 2.32mg (15.48%), Calcium: 111.26mg (11.13%), Selenium: 7.76µg (11.09%), Vitamin K: 10.7µg (10.19%), Vitamin B3: 2mg (10.02%), Vitamin B2: 0.17mg (9.81%), Vitamin E: 1.42mg (9.44%), Vitamin B5: 0.91mg (9.11%)