



Cuban Beans and Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup avocado diced peeled
- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 15 ounce black beans rinsed drained canned
- 3 cups rice white cooked
- 0.3 cup parsley fresh minced
- 1 teaspoon ground cumin
- 1 tablespoon olive oil

1 cup plum tomatoes seeded chopped (3 tomatoes)

0.5 teaspoon salt

Equipment

bowl

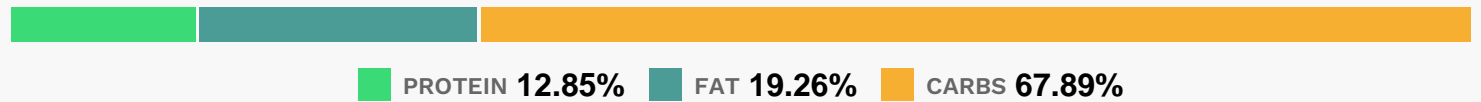
Directions

Combine first 6 ingredients in a bowl, and toss gently.

Add rice, next 3 ingredients (rice through beans), and cilantro, if desired; toss well.

Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:24.9, Inflammation Score:-6, Nutrition Score:11.850000111953%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 221.97kcal (11.1%), Fat: 4.77g (7.34%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 31.2g (11.35%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 472.83mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.33%), Vitamin K: 48.3µg (46%), Manganese: 0.63mg (31.7%), Fiber: 6.66g (26.62%), Folate: 65.49µg (16.37%), Vitamin C: 11.92mg (14.44%), Phosphorus: 130.74mg (13.07%), Copper: 0.25mg (12.34%), Potassium: 426.97mg (12.2%), Iron: 2.12mg (11.76%), Magnesium: 45.51mg (11.38%), Vitamin A: 564.84IU (11.3%), Selenium: 6.92µg (9.89%), Vitamin B1: 0.14mg (9.49%), Vitamin B6: 0.18mg (9%), Vitamin B2: 0.12mg (7.22%), Vitamin B5: 0.66mg (6.58%), Zinc: 0.97mg (6.44%), Vitamin B3: 1.26mg (6.28%), Vitamin E: 0.87mg (5.8%), Calcium: 46.65mg (4.67%)