



 **26%**  
HEALTH SCORE

## Cuban Beans and Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



427 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
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- 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

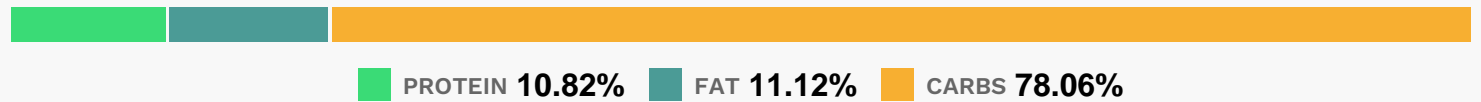
## Equipment

- 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:87.33, Glycemic Load:72.73, Inflammation Score:-6, Nutrition Score:16.433478251747%

## 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 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: 427.37kcal (21.37%), Fat: 5.22g (8.02%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 82.37g (27.46%), Net Carbohydrates: 75.08g (27.3%), Sugar: 2.06g (2.29%), Cholesterol: 0mg (0%), Sodium: 474.41mg (20.63%), Alcohol: 0g (100%), Protein: 11.41g (22.83%), Manganese: 1.38mg (68.99%), Vitamin K: 48.3µg (46%), Fiber: 7.29g (29.15%), Selenium: 18.77µg (26.82%), Phosphorus: 198.68mg (19.87%), Copper: 0.36mg (17.79%), Folate: 70.23µg (17.56%), Vitamin B6: 0.33mg (16.35%), Magnesium: 64.47mg (16.12%), Vitamin C: 11.92mg (14.44%), Potassium:

482.27mg (13.78%), Iron: 2.43mg (13.52%), Vitamin B5: 1.27mg (12.75%), Zinc: 1.74mg (11.6%), Vitamin B1: 0.17mg (11.59%), Vitamin A: 564.84IU (11.3%), Vitamin B3: 1.89mg (9.44%), Vitamin B2: 0.14mg (8.43%), Calcium: 62.45mg (6.25%), Vitamin E: 0.93mg (6.22%)