

food
network



HEALTH SCORE

57%

Cuban Black Beans and Cumin Scented Rice



Gluten Free



Dairy Free

READY IN



380 min.

SERVINGS



8

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 12 small chile peppers sweet hot seeded finely chopped (or your choice combo of peppers)
- ☐ 1 pound black beans dried
- ☐ 1 cup cooking wine dry red
- ☐ 12 cloves garlic peeled finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1.3 cups olive oil
- ☐ 2 onions peeled finely chopped

- ☐ 0.5 teaspoon oregano dried whole crushed
- ☐ 4 teaspoons oregano dried
- ☐ 3 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper freshly ground
- ☐ 1 ham hock smoked
- ☐ 4 tablespoons sugar
- ☐ 4 quarts water

Equipment

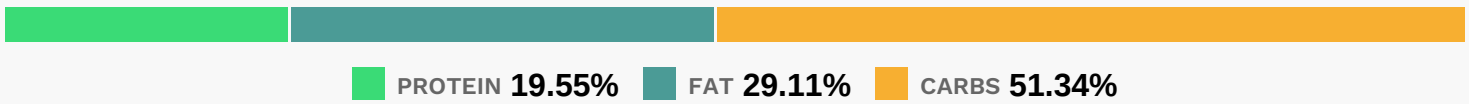
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Pick over beans, discarding any shriveled ones of foreign particles. Wash well and soak, covered in water, for 4 hours.
- ☐ Drain beans and place in 4 quarts of water in a soup pot.
- ☐ Add ham hock to the beans. Bring rapidly to a boil. Reduce heat to moderate and simmer beans until tender, about 35 to 45 minutes.
- ☐ In a saute pan, heat 1 and 1/3 cups olive oil.
- ☐ Add the chopped onions and garlic to the pan and saute over low heat.
- ☐ Add the chopped chiles and season with salt and pepper.
- ☐ Add the bay leaves and cook for about 10 minutes, stirring occasionally.
- ☐ Add 1 cup of drained black beans to the onion mixture in the saute pan, and mash thoroughly with rest of the ingredients in the skillet. Stir in the sugar and the dried oregano.
- ☐ Add the bean and onion mixture to the bean pot. Cover, and simmer for 1 hour, at moderate heat.
- ☐ Add red wine, vinegar, 4 teaspoons dried oregano and cumin. Uncover and cook until sauce thickens.
- ☐ Serve hot.

- ☐ 1/2 tablespoons butter
- ☐ tablespoon cumin seeds
- ☐ cups uncooked basmati rice
- ☐ small limes, juiced
- ☐ cups cold water
- ☐ teaspoons salt
- ☐ Heat butter over medium heat in a large saucepan. When butter is melted, add cumin seeds and saute for 1 minute. Stir in the rice and cook for 2 minutes.
- ☐ Turn the heat to high and add the lime juice, water and salt.
- ☐ Mix well. Bring to boil on high heat. Reduce heat and cook covered on low for 15 minutes until water evaporates.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:7.41, Inflammation Score:-10, Nutrition Score:25.59826071366%

Flavonoids

Petunidin: 9.73mg, Petunidin: 9.73mg, Petunidin: 9.73mg, Petunidin: 9.73mg Delphinidin: 11.74mg, Delphinidin: 11.74mg, Delphinidin: 11.74mg, Delphinidin: 11.74mg Malvidin: 13.89mg, Malvidin: 13.89mg, Malvidin: 13.89mg, Malvidin: 13.89mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 424.46kcal (21.22%), Fat: 13.36g (20.56%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 42.16g (15.33%), Sugar: 12.03g (13.37%), Cholesterol: 23.16mg (7.72%), Sodium: 282.71mg (12.29%), Alcohol: 3.15g (100%), Alcohol %: 0.55% (100%), Protein: 20.2g (40.4%), Vitamin C: 100.52mg (121.84%), Folate: 275.36µg (68.84%), Manganese: 0.91mg (45.39%), Fiber: 10.87g (43.5%), Vitamin B1: 0.58mg (38.94%), Potassium: 1215.58mg (34.73%), Copper: 0.67mg (33.72%), Magnesium: 125.3mg (31.32%), Vitamin B6: 0.61mg

(30.29%), Iron: 4.68mg (26.01%), Phosphorus: 246.86mg (24.69%), Vitamin K: 24.15µg (23%), Zinc: 2.44mg (16.25%), Vitamin A: 677.05IU (13.54%), Calcium: 133.2mg (13.32%), Vitamin E: 1.84mg (12.3%), Vitamin B2: 0.19mg (11.05%), Vitamin B3: 2.08mg (10.38%), Vitamin B5: 0.72mg (7.16%), Selenium: 3.03µg (4.33%)