



Cuban Black Beans and Rice



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



6

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 31 oz black beans drained and rinsed canned
- ☐ 14.5 oz canned tomatoes diced with juices canned
- ☐ 2 teaspoons cumin
- ☐ 8 ounces chorizo dried sliced
- ☐ 1 small clove garlic minced
- ☐ 1 cup bell pepper green seeded chopped
- ☐ 2 cups rice instant uncooked
- ☐ 0.5 cup chicken broth low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 cup bell pepper red seeded chopped
- ☐ 6 servings salt and pepper
- ☐ 1 teaspoon turmeric

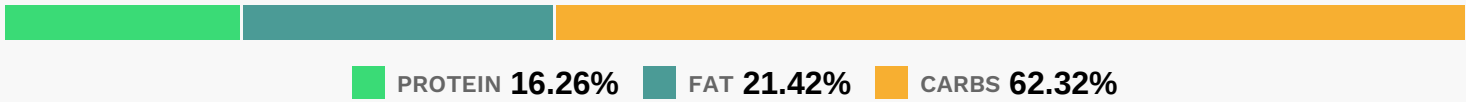
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice as package label directs.
- ☐ Warm oil in a large, heavy skillet over medium-high heat.
- ☐ Add chorizo, onion, bell peppers and garlic and cook, stirring often, until chorizo is lightly browned and vegetables are tender, about 5 minutes.
- ☐ Add cumin, paprika, turmeric and oregano; saut for 2 minutes. Stir in beans, tomatoes and broth; cook for 5 minutes, stirring.
- ☐ Stir in rice and cook, tossing well, for 2 minutes. Season with salt and pepper.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:31.54, Inflammation Score:-10, Nutrition Score:23.52260859505%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 529.74kcal (26.49%), Fat: 12.61g (19.39%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 82.53g (27.51%), Net Carbohydrates: 68.96g (25.08%), Sugar: 4.83g (5.37%), Cholesterol: 23.62mg (7.87%), Sodium: 859.47mg (37.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.53g (43.07%), Vitamin C: 62.31mg (75.53%), Manganese: 1.27mg (63.74%), Fiber: 13.56g (54.25%), Iron: 5.93mg (32.92%), Folate: 118.26µg (29.56%), Copper: 0.59mg (29.34%), Phosphorus: 274.88mg (27.49%), Vitamin A: 1335.93IU (26.72%), Potassium: 869.77mg (24.85%), Magnesium: 90.75mg (22.69%), Vitamin B1: 0.33mg (22.3%), Vitamin B6: 0.44mg (22%), Vitamin B3: 3.46mg (17.32%), Selenium: 11.81µg (16.87%), Vitamin B2: 0.28mg (16.76%), Vitamin E: 1.94mg (12.9%), Zinc: 1.84mg (12.26%), Vitamin B5: 1.2mg (12.03%), Calcium: 110.79mg (11.08%), Vitamin K: 10.58µg (10.08%)