



WHATSheATE



Cuban Black Beans and Rice (Moros y Cristianos)



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pepperoncini peppers diced
- ☐ 30 ounce black beans drained and rinsed canned
- ☐ 0.5 cup chicken stock see
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 cups rice cooked
- ☐ 1 teaspoon cumin toasted

- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon oil
- ☐ 1 medium onion diced
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt and pepper to taste

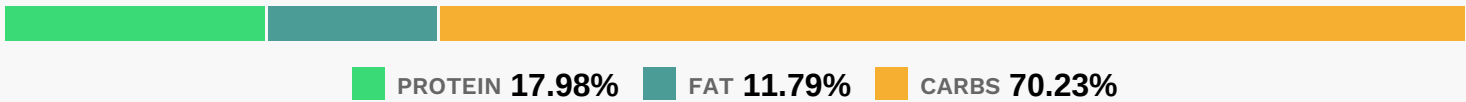
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium-high heat, add the onion and pepper and cook until tender, about 7-10 minutes.
- ☐ Add the garlic, cumin and oregano and cook until fragrant, about a minute.
- ☐ Add the beans and water, bring to a boil, reduce the heat and simmer for 10 minutes. Season with salt and pepper to taste, mix in the vinegar and cilantro, optionally mash 1/4 of the beans to make it creamy and served over steamed rice.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:24.65, Inflammation Score:-8, Nutrition Score:17.698695487626%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 347.02kcal (17.35%), Fat: 4.58g (7.05%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 61.43g (20.48%), Net Carbohydrates: 45.57g (16.57%), Sugar: 1.45g (1.61%), Cholesterol: 0.59mg (0.2%), Sodium: 1123.32mg (48.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.46%), Fiber: 15.86g (63.46%), Manganese: 1mg (50.03%), Folate: 139.92µg (34.98%), Phosphorus: 279.86mg (27.99%), Iron: 4.86mg (26.98%), Copper: 0.49mg

(24.75%), Magnesium: 91.37mg (22.84%), Vitamin B1: 0.34mg (22.8%), Potassium: 763.6mg (21.82%), Vitamin B2: 0.3mg (17.59%), Selenium: 9.23µg (13.18%), Vitamin B6: 0.26mg (12.99%), Vitamin C: 10.63mg (12.89%), Zinc: 1.67mg (11.14%), Calcium: 106.57mg (10.66%), Vitamin B3: 1.83mg (9.15%), Vitamin K: 9.1µg (8.67%), Vitamin B5: 0.76mg (7.62%), Vitamin E: 0.81mg (5.42%), Vitamin A: 100.61IU (2.01%)