



WHATSheATE



Cuban-Style Red Beans and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black
- ☐ 48 ounce beans red rinsed drained canned
- ☐ 42 ounce less-sodium chicken broth fat-free divided canned
- ☐ 4 garlic cloves minced
- ☐ 1.5 cups bell pepper green chopped (1 medium)
- ☐ 1.5 teaspoons ground cumin

- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 cups rice long-grain uncooked
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups water

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan; crumble bacon, and set aside.
- ☐ Add oil to pan.
- ☐ Add onion and bell pepper; saut over medium-high heat 4 minutes or until onion is tender.
- ☐ Add garlic; saut 1 minute or just until garlic begins to brown.
- ☐ Add tomato paste; cook 1 minute, stirring constantly.
- ☐ Add rice, oregano, cumin, salt, and black pepper; cook 2 minutes, stirring constantly.
- ☐ Place reserved bacon and bay leaf in pan; stir in water and 2 cans broth. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until rice is tender.
- ☐ Remove from heat; discard bay leaf. Stir in remaining can of broth and beans. Cook 5 minutes over low heat or until heated through, stirring frequently.
- ☐ Garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:25.46, Inflammation Score:-7, Nutrition Score:14.710000036851%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 347.65kcal (17.38%), Fat: 8.49g (13.06%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 54.85g (18.28%), Net Carbohydrates: 46.02g (16.74%), Sugar: 4.72g (5.24%), Cholesterol: 11.62mg (3.87%), Sodium: 1216.35mg (52.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.74%), Manganese: 0.94mg (47.03%), Fiber: 8.82g (35.3%), Vitamin C: 21.94mg (26.6%), Phosphorus: 243.27mg (24.33%), Selenium: 13.74µg (19.62%), Copper: 0.36mg (18.22%), Vitamin B1: 0.26mg (17.18%), Vitamin B6: 0.34mg (16.93%), Potassium: 588.91mg (16.83%), Iron: 2.81mg (15.59%), Magnesium: 62.23mg (15.56%), Vitamin B3: 2.91mg (14.54%), Folate: 47.52µg (11.88%), Zinc: 1.61mg (10.75%), Vitamin B2: 0.17mg (10.02%), Vitamin K: 10.04µg (9.56%), Vitamin B5: 0.86mg (8.6%), Calcium: 76.22mg (7.62%), Vitamin B12: 0.33µg (5.44%), Vitamin E: 0.49mg (3.29%), Vitamin A: 148.67IU (2.97%)