



Cubanos Frijoles

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



8

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce olives black drained chopped canned
- 2 cups brown rice
- 2 tablespoons cajun spice
- 30 ounce black beans canned
- 3 sprigs cilantro leaves fresh chopped
- 1.5 pounds ground beef
- 1 onion chopped
- 0.3 cup red wine vinegar

4 cups water

Equipment

frying pan

sauce pan

wok

Directions

Place rice and water in a saucepan over medium heat. Bring to a boil, then reduce heat to low and simmer for about 45 minutes, or until rice is tender.

While the rice is cooking, brown the ground beef in a deep skillet or wok. Season with Cajun seasoning. When meat is almost done, add the onion, and cook until the meat is browned and the onion is translucent. Stir in the beans, olives, vinegar, and chipotle powder, if using.

Mix well, cover, and simmer for 20 minutes over medium-low heat.

Add the cilantro during the last 5 minutes of cooking.

Serve hot over or mixed with rice.

Nutrition Facts



PROTEIN 19.13% **FAT 37.71%** **CARBS 43.16%**

Properties

Glycemic Index:16.59, Glycemic Load:20.64, Inflammation Score:-8, Nutrition Score:24.651739050513%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 527.59kcal (26.38%), Fat: 22.09g (33.98%), Saturated Fat: 7.34g (45.84%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 46.36g (16.86%), Sugar: 0.89g (0.98%), Cholesterol: 60.38mg (20.13%), Sodium: 807.44mg (35.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.43%), Manganese: 2.09mg (104.33%), Fiber: 10.52g (42.08%), Phosphorus: 385.92mg (38.59%), Zinc: 5.21mg (34.76%), Vitamin B3: 6.55mg (32.76%), Magnesium: 128.12mg (32.03%), Vitamin B6: 0.64mg (31.84%), Vitamin B12: 1.82µg (30.33%), Iron: 5.08mg

(28.2%), Vitamin B1: 0.4mg (26.58%), Copper: 0.45mg (22.62%), Potassium: 760.53mg (21.73%), Folate: 84.93µg (21.23%), Selenium: 14.52µg (20.74%), Vitamin A: 1006.27IU (20.13%), Vitamin B2: 0.3mg (17.76%), Vitamin B5: 1.4mg (14.02%), Vitamin E: 1.69mg (11.28%), Calcium: 90.97mg (9.1%), Vitamin K: 5.87µg (5.59%), Vitamin C: 4.17mg (5.05%)