



Cumin-Scented Rice With Black Beans



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



15 ounce black beans rinsed drained canned



2 tablespoons chiles green canned chopped



1 teaspoon canola oil



1.5 cups less-sodium chicken broth fat-free



0.3 cup cilantro leaves fresh chopped



1 garlic clove minced



0.5 teaspoon ground cumin

- ☐ 0.3 cup onion chopped
- ☐ 0.8 cup rice long-grain uncooked
- ☐ 0.3 teaspoon salt

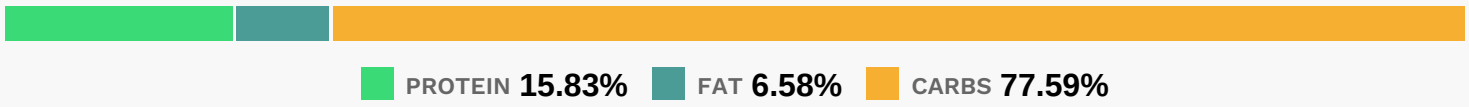
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add garlic and onion; saut 2 to 3 minutes or until tender.
- ☐ Add rice, cumin, salt, and pepper; saut 30 seconds.
- ☐ Add broth, and bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender.
- ☐ Remove from heat.
- ☐ Add black beans, chiles, and cilantro to rice mixture; fluff gently with a fork. Cover and let stand 1 minute before serving.

Nutrition Facts



Properties

Glycemic Index:46.8, Glycemic Load:16.99, Inflammation Score:-4, Nutrition Score:10.794782685197%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 243.77kcal (12.19%), Fat: 1.78g (2.74%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 39.03g (14.19%), Sugar: 0.62g (0.68%), Cholesterol: 0mg (0%), Sodium: 934.68mg (40.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.27%), Manganese: 0.69mg (34.44%), Fiber: 8.19g (32.74%), Folate: 75.11µg (18.78%), Phosphorus: 170.87mg (17.09%), Copper: 0.31mg (15.45%), Iron: 2.75mg (15.26%), Vitamin B1: 0.19mg (12.55%), Selenium: 8.7µg (12.43%), Magnesium: 49.61mg (12.4%), Potassium: 430.32mg

(12.29%), Vitamin B2: 0.17mg (10.05%), Vitamin B3: 1.78mg (8.88%), Vitamin C: 6.7mg (8.12%), Vitamin B6: 0.16mg (8.03%), Vitamin B5: 0.68mg (6.8%), Zinc: 1.02mg (6.8%), Calcium: 60.33mg (6.03%), Vitamin K: 4.12µg (3.92%), Vitamin B12: 0.17µg (2.84%), Vitamin A: 85.31IU (1.71%), Vitamin E: 0.25mg (1.67%)