



Dirty Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

Ingredients

- 2 teaspoons annatto powder
- 6 servings pepper black freshly ground
- 1 tablespoon chili powder
- 1 cup black beans cooked drained
- 1.3 cups corn kernels whole
- 0.3 teaspoon pepper red crushed
- 2 tablespoons cilantro leaves fresh chopped
- 3 cloves garlic minced

- 1 bell pepper green chopped
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 lime cut into wedges
- 1 tablespoon juice of lime fresh
- 2 tablespoons olive oil
- 1 cup onion chopped
- 0.3 cup pinenuts toasted
- 1 onion red thinly sliced
- 3 roma tomatoes chopped (plum)
- 1 teaspoon salt
- 2.8 cups water
- 1.3 cups rice white uncooked

Equipment

- frying pan
- sauce pan

Directions

- In a heavy saucepan, heat 1 tablespoon of the olive oil over medium heat.
- Add the garlic and the chopped onions; saute for 5 minutes, stirring frequently.
- Mix in the bell pepper, chili powder, ground annatto, chili flakes, cumin, and cinnamon.
- Saute for 2 minutes.
- Pour the rice into the saucepan and stir to coat.
- Add the water and 1 teaspoon salt, and bring the rice to a boil over high heat. Cover the pan and turn the heat to low. Simmer the rice for 25 minutes.
- When the rice is cooked, mix in tomatoes, corn, black beans, and pine nuts. Stir in salt, pepper and lime juice. When the mixture is heated through, spoon it onto plates and top with the sliced red onion and cilantro.

Serve a wedge or two of lime with each plate to squeeze over the rice.

Nutrition Facts

PROTEIN 9.91% **FAT 25.92%** **CARBS 64.17%**

Properties

Glycemic Index:54.86, Glycemic Load:22.81, Inflammation Score:-8, Nutrition Score:14.852173929629%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 330.91kcal (16.55%), Fat: 9.84g (15.14%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 48.41g (17.61%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 498.62mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Manganese: 1.32mg (65.97%), Vitamin C: 28.69mg (34.78%), Fiber: 6.4g (25.58%), Folate: 78.31µg (19.58%), Phosphorus: 171.82mg (17.18%), Copper: 0.33mg (16.73%), Magnesium: 65.02mg (16.26%), Vitamin A: 793.3IU (15.87%), Vitamin B6: 0.29mg (14.26%), Vitamin E: 2.11mg (14.09%), Potassium: 461.04mg (13.17%), Vitamin B1: 0.19mg (12.6%), Iron: 2.2mg (12.2%), Vitamin K: 12.2µg (11.62%), Selenium: 7.61µg (10.87%), Zinc: 1.53mg (10.18%), Vitamin B3: 1.97mg (9.83%), Vitamin B5: 0.79mg (7.87%), Vitamin B2: 0.13mg (7.35%), Calcium: 56.11mg (5.61%)