



Easy Black Beans and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup rice white uncooked
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 small onion chopped
- ☐ 0.5 bell pepper green thinly sliced
- ☐ 0.5 bell pepper red thinly sliced chopped canned (for added flavor you can substitute roasted bell peppers or some pimientos)
- ☐ 3 cloves garlic minced
- ☐ 32 ounce black beans rinsed drained canned
- ☐ 2 tablespoons vinegar white

- ☐ 3 dashes tabasco
- ☐ 1 teaspoon oregano dried fresh chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 6 servings optional lime wedges and cilantro for garnish

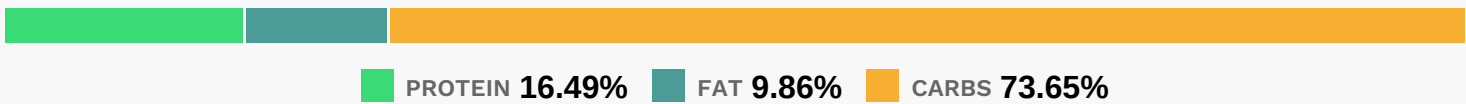
Equipment

- ☐ frying pan

Directions

- ☐ Cook the rice: Cook rice according to package instructions. White rice usually takes 15 minutes to cook once the water is simmering, and 10 minutes to sit.
- ☐ Sauté onions, bell peppers, garlic:
- ☐ Heat oil in a large skillet on medium high. Sauté onions and bell peppers for 3–4 minutes, until just beginning to soften, then add garlic and sauté a minute more.
- ☐ Add the black beans, vinegar and Tabasco or cayenne. Bring vinegar to a simmer, reduce heat, cover and simmer for 5 minutes.
- ☐ in rice and oregano.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:41.2, Glycemic Load:15.32, Inflammation Score:-7, Nutrition Score:13.651739120483%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 283.93kcal (14.2%), Fat: 3.12g (4.8%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 40.9g (14.87%), Sugar: 0.87g (0.97%), Cholesterol: 0mg (0%), Sodium: 819.57mg (35.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.49%), Fiber: 11.57g (46.3%), Manganese: 0.78mg (38.75%), Folate: 99.84µg (24.96%), Phosphorus: 209.38mg (20.94%), Copper: 0.38mg (19.14%), Iron: 3.41mg (18.95%), Vitamin C: 15.5mg (18.79%), Vitamin B1: 0.25mg (16.71%), Magnesium: 65.28mg (16.32%), Potassium: 561.51mg (16.04%), Vitamin B2: 0.21mg (12.45%), Vitamin B6: 0.21mg (10.51%), Selenium: 6.99µg (9.99%), Zinc: 1.23mg (8.21%), Vitamin B3: 1.58mg (7.9%), Calcium: 76.06mg (7.61%), Vitamin B5: 0.63mg (6.3%), Vitamin A: 273.36IU (5.47%), Vitamin K: 4.72µg (4.5%), Vitamin E: 0.62mg (4.15%)