



 **60%**  
HEALTH SCORE

## Easy Homemade Rice and Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



35 min.

SERVINGS



2

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 ounce black beans drained canned
- 10 ounce canned tomatoes diced with green chilies, not drained canned
- 2 tsp chili powder
- 0.5 tsp cumin
- 0.3 tsp pepper black
- 4 dashes hot sauce
- 1 tsp olive oil
- 0.3 cup onion chopped

0.5 cup rice uncooked

3 Tbsp water

## Equipment

pot

## Directions

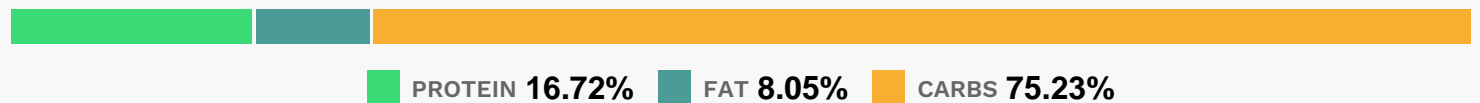
Heat the olive oil in a large pot over medium heat.

Add onions and saute until soft, or for about 5 minutes.

Add all other remaining ingredients and stir together. Increase the heat to medium high and bring to a boil. Cover and reduce heat to medium low so that the mixture simmers. Cook for 15–20 minutes, or until rice is fluffy and liquid is absorbed.\*

Serve with salsa, cheese, and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:81.59, Glycemic Load:25.61, Inflammation Score:-9, Nutrition Score:26.256956521739%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Taste

Sweetness: 92.93%, Saltiness: 44.09%, Sourness: 100%, Bitterness: 38.96%, Savoriness: 28.83%, Fattiness: 45.14%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 445.69kcal (22.28%), Fat: 4.09g (6.3%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 86.11g (28.7%), Net Carbohydrates: 66.75g (24.27%), Sugar: 7.35g (8.17%), Cholesterol: 0mg (0%), Sodium: 1058.31mg (46.01%), Protein: 19.14g (38.29%), Fiber: 19.36g (77.45%), Manganese: 1.38mg (68.92%), Copper: 0.82mg (40.77%), Iron: 7.13mg (39.62%), Folate: 156.49µg (39.12%), Potassium: 1217.8mg (34.79%), Phosphorus: 344.99mg (34.5%),

Magnesium: 122.85mg (30.71%), Vitamin B1: 0.46mg (30.39%), Vitamin C: 20.47mg (24.81%), Vitamin B6: 0.49mg (24.46%), Vitamin B2: 0.38mg (22.62%), Vitamin A: 1122.25IU (22.45%), Vitamin E: 3.2mg (21.33%), Vitamin B3: 4.15mg (20.77%), Selenium: 11.29µg (16.12%), Calcium: 155.55mg (15.55%), Zinc: 2.21mg (14.76%), Vitamin B5: 1.31mg (13.07%), Vitamin K: 12.29µg (11.7%)