



Easy Rum-Flavored Black Beans and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



632 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup rum dark
- ☐ 1 teaspoon parsley fresh chopped for garnish
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil

- ☐ 2 large onion chopped
- ☐ 1 teaspoon salt
- ☐ 4 cups water
- ☐ 2 cups rice white uncooked

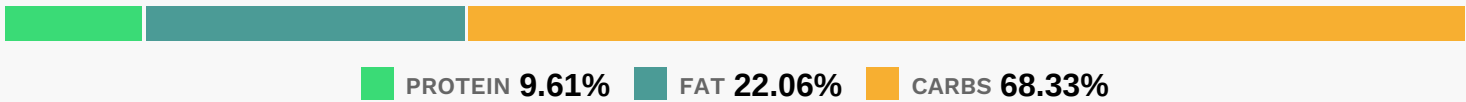
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the carrots, celery, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the black beans, salt, pepper, 1/4 cup of parsley, and dark rum. Continue cooking until heated through.
- ☐ Serve over a bed of rice and garnish with 1 teaspoon of parsley.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:46.93, Inflammation Score:-9, Nutrition Score:20.099565174269%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 15.36mg, Quercetin: 15.36mg, Quercetin: 15.36mg, Quercetin: 15.36mg

Nutrients (% of daily need)

Calories: 631.79kcal (31.59%), Fat: 14.58g (22.43%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 101.63g (33.88%), Net Carbohydrates: 91.04g (33.1%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 1031.19mg (44.83%), Alcohol: 5.01g (100%), Alcohol %: 1.11% (100%), Protein: 14.28g (28.57%), Manganese: 1.47mg (73.65%), Vitamin A: 2739.14IU (54.78%), Fiber: 10.59g (42.36%), Phosphorus: 257.17mg (25.72%), Copper: 0.5mg (25.11%), Folate: 94.25µg (23.56%), Selenium: 16.23µg (23.19%), Magnesium: 74.71mg (18.68%), Vitamin B6: 0.37mg (18.48%), Potassium: 643.38mg (18.38%), Vitamin B1: 0.27mg (17.9%), Iron: 3.15mg (17.52%), Vitamin E: 2.21mg (14.7%), Vitamin K: 15.2µg (14.48%), Vitamin B5: 1.32mg (13.22%), Vitamin C: 10.73mg (13%), Vitamin B2: 0.21mg (12.59%), Vitamin B3: 2.45mg (12.25%), Zinc: 1.83mg (12.23%), Calcium: 104.85mg (10.49%)