



Fiesta Beans and Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce no-salt-added black beans drained canned
- 1.5 cups brown rice long-grain uncooked
- 1 tablespoon chili powder
- 1 cup mushrooms fresh sliced
- 1 clove garlic minced
- 1 cup bell pepper green finely chopped
- 1 teaspoon ground cumin
- 0.3 cup nonfat cream sour

- 1 teaspoon olive oil
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 0.5 teaspoon salt
- 0.3 cup no-salt-added tomato paste
- 16 ounce no-salt-added tomato sauce canned
- 1.3 cups vegetable broth undiluted canned
- 2.3 cups water divided

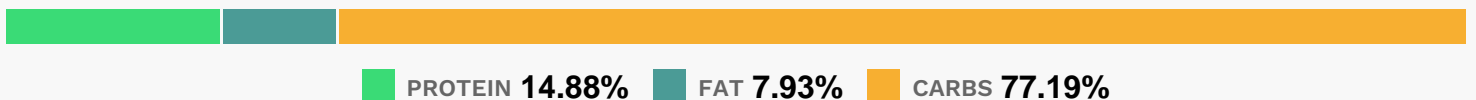
Equipment

- bowl
- sauce pan
- dutch oven

Directions

- Combine 1 1/2 cups water, rice, and next 7 ingredients in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 30 to 35 minutes or until rice is tender and liquid is absorbed.
- Heat oil in a Dutch oven over medium-high heat.
- Add onion and garlic; saute until tender.
- Add remaining 3/4 cup water, tomato paste, and next 3 ingredients, stirring well. Bring to a boil; cover, reduce heat, and simmer 25 minutes, stirring occasionally.
- Spoon rice mixture evenly into individual serving bowls, making a well in each serving with the back of a spoon. Spoon bean mixture evenly over rice, and top each serving with 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:26.61, Inflammation Score:-9, Nutrition Score:23.794782753224%

Flavonoids

Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 334.76kcal (16.74%), Fat: 3.05g (4.69%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 66.74g (22.25%), Net Carbohydrates: 55.57g (20.21%), Sugar: 6.67g (7.42%), Cholesterol: 0.86mg (0.29%), Sodium: 880.21mg (38.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.73%), Manganese: 2.34mg (117.16%), Fiber: 11.17g (44.66%), Magnesium: 146.73mg (36.68%), Vitamin C: 30.16mg (36.56%), Folate: 135.91µg (33.98%), Phosphorus: 297.63mg (29.76%), Vitamin B1: 0.45mg (29.68%), Vitamin B6: 0.54mg (27.04%), Copper: 0.52mg (26.11%), Potassium: 905.57mg (25.87%), Vitamin A: 1288.67IU (25.77%), Iron: 4.27mg (23.74%), Vitamin B3: 4.45mg (22.23%), Vitamin E: 2.43mg (16.21%), Zinc: 2.31mg (15.39%), Vitamin B5: 1.45mg (14.53%), Vitamin B2: 0.24mg (14.17%), Vitamin K: 9.48µg (9.03%), Calcium: 87.68mg (8.77%), Selenium: 4.41µg (6.3%)