



Gallo Pinto



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 1 cup black beans pre-cooked
- ☐ 2 tablespoon cilantro leaves minced
- ☐ 3 tablespoon corn oil
- ☐ 4 servings lizano sauce to taste
- ☐ 2 cup rice long grain pre-cooked
- ☐ 0.5 cup onions peeled cut into ¼" dice
- ☐ 0.5 cup bell pepper red cored trimmed cut into ¼" dice
- ☐ 0.3 teaspoon salt to taste

☐ 1 tablespoon worcestershire sauce to taste

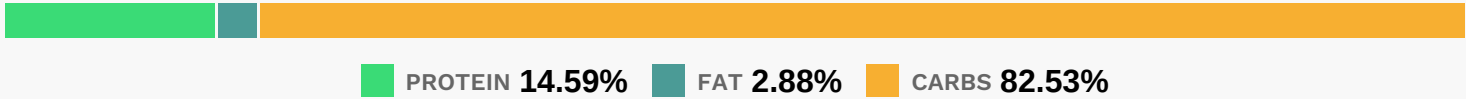
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a skillet set over medium heat.
- ☐ Add onions and cook, stirring often, until just beginning to brown, about 6 minutes.
- ☐ Add the red bell pepper, and cook stirring often until softened, about 2 minutes more
- ☐ Add the beans and some of their liquid. Lower the heat and stir for a minute.
- ☐ Add rice, Worcestershire sauce, salt and cilantro. You may need to add a tablespoon or so of water to achieve a neither dry nor soupy texture.
- ☐ Mix well and simmer for 5 minutes.
- ☐ Serve hot with eggs, toast, possibly fried plantains and the Lizano sauce on the side.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:26.97, Inflammation Score:-8, Nutrition Score:10.265217392341%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg 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: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 183.94kcal (9.2%), Fat: 0.59g (0.91%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 32.8g (11.93%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 220.66mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin C: 27.08mg (32.82%), Manganese: 0.64mg (31.94%), Vitamin A: 1166.14IU (23.32%), Fiber: 5.24g (20.95%), Folate: 82.49µg (20.62%), Magnesium: 47.08mg (11.77%), Phosphorus: 114mg (11.4%), Vitamin B1: 0.16mg (10.44%), Vitamin B6: 0.19mg (9.61%), Selenium: 6.63µg (9.47%), Potassium: 307.38mg (8.78%), Copper: 0.17mg (8.74%), Iron: 1.52mg (8.44%), Zinc: 1.01mg (6.72%), Vitamin

B5: 0.51mg (5.15%), Vitamin B3: 0.91mg (4.55%), Vitamin B2: 0.07mg (4.24%), Calcium: 32.96mg (3.3%), Vitamin E: 0.34mg (2.26%), Vitamin K: 1.66µg (1.58%)