



Gallo Pinto (Beans and Rice)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 bay leaves
- 15 ounce black beans drained canned
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves chopped
- 0.5 teaspoon ground cumin
- 6 servings bottled pickapeppa sauce
- 0.3 teaspoon pepper
- 0.8 cup bell pepper red chopped

- 1 cup parboiled rice long-grain uncooked
- 0.3 teaspoon salt
- 1 cup onion sweet chopped
- 6 servings tangy tamarind sauce
- 1 tablespoon vegetable oil
- 2 cups water
- 0.8 cup bell pepper yellow chopped

Equipment

- frying pan
- sauce pan

Directions

- Combine the first 3 ingredients in a medium saucepan, and bring to a boil. Stir in the rice. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Discard the bay leaves. Set rice aside.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion and next 6 ingredients (onion through garlic); saut 5 minutes or until tender.
- Add rice, cilantro, and beans, and cook 3 minutes or until thoroughly heated, stirring occasionally.
- Serve with Tangy Tamarind Sauce or Pickapeppa sauce.

Nutrition Facts



PROTEIN 12.94% **FAT 11.51%** **CARBS 75.55%**

Properties

Glycemic Index:42.86, Glycemic Load:15.55, Inflammation Score:-7, Nutrition Score:12.708260816077%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg

Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 221.77kcal (11.09%), Fat: 2.85g (4.39%), Saturated Fat: 0.48g (3%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 35.9g (13.05%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 390.95mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Vitamin C: 61.83mg (74.95%), Manganese: 0.6mg (30.23%), Fiber: 6.24g (24.95%), Folate: 66.08µg (16.52%), Vitamin A: 689.54IU (13.79%), Phosphorus: 132.62mg (13.26%), Copper: 0.26mg (13.16%), Vitamin B6: 0.23mg (11.3%), Iron: 2.03mg (11.28%), Potassium: 383.56mg (10.96%), Magnesium: 42.39mg (10.6%), Vitamin B1: 0.16mg (10.34%), Selenium: 5.96µg (8.52%), Vitamin K: 8.14µg (7.75%), Vitamin B2: 0.13mg (7.7%), Vitamin B3: 1.36mg (6.81%), Zinc: 0.87mg (5.78%), Vitamin B5: 0.57mg (5.73%), Calcium: 50.03mg (5%), Vitamin E: 0.55mg (3.66%)