



Garden Vegetable Medley



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups rice white steamed uncooked
- ☐ 14 oz black beans black drained and rinsed well canned (, kidney, navy and cannellini work)
- ☐ 14 oz tomatoes fresh diced canned (or 3 tomatoes,)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 6 servings ground pepper to taste (optional, adds spice)
- ☐ 1 onion chopped
- ☐ 1 large bacon with high sides

- ☐ 6 servings salt and pepper to taste
- ☐ 2 tbsp vegetable oil
- ☐ 1 lb zucchini cut into chunks (3 medium zucchini)

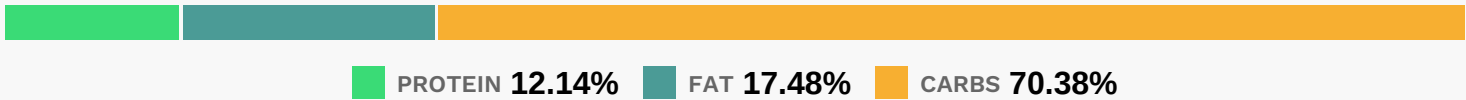
Equipment

- ☐ frying pan

Directions

- ☐ Save Recipe
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- ☐ Garden Vegetable Medley
- ☐ Ingredients2 tbsp olive oil or vegetable oil1 onion, chopped2 cloves garlic, minced1 lb. zucchini (about 3 medium zucchini), cut into chunks1 can (14 oz) diced tomatoes (or 3 fresh tomatoes, diced)2 cans (14 oz) beans, drained and rinsed (black, kidney, navy and cannellini work well)1/4 cup fresh chopped cilantro
- ☐ Salt and pepper, to taste
- ☐ Cayenne pepper or hot sauce, to taste (optional, adds spice)3 cups steamed brown or white rice (about 1 1/2 cups uncooked)Shredded cheddar cheese for topping (optional)You will also needlarge saute pan with high sides
- ☐ Prep Time: 10 Minutes
- ☐ Cook Time: 25 Minutes
- ☐ Total Time: 35 Minutes
- ☐ Servings: 6 servings
- ☐ Kosher Key: Pareve (Dairy with cheese topping)

Nutrition Facts



Properties

Glycemic Index:32.86, Glycemic Load:23.16, Inflammation Score:-8, Nutrition Score:15.540000014655%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 314.76kcal (15.74%), Fat: 6.2g (9.54%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 56.15g (18.72%), Net Carbohydrates: 48.67g (17.7%), Sugar: 4.52g (5.02%), Cholesterol: 1.32mg (0.44%), Sodium: 574.97mg (25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Manganese: 0.93mg (46.3%), Vitamin C: 24.85mg (30.12%), Fiber: 7.48g (29.91%), Vitamin A: 1109.37IU (22.19%), Vitamin B6: 0.4mg (20.02%), Potassium: 659.82mg (18.85%), Phosphorus: 184.12mg (18.41%), Folate: 73.53µg (18.38%), Copper: 0.34mg (16.76%), Vitamin K: 17.32µg (16.49%), Iron: 2.79mg (15.48%), Magnesium: 61.31mg (15.33%), Vitamin B1: 0.21mg (14.25%), Vitamin B2: 0.24mg (14.01%), Selenium: 9.15µg (13.08%), Vitamin B3: 2.31mg (11.56%), Vitamin E: 1.59mg (10.57%), Zinc: 1.33mg (8.89%), Vitamin B5: 0.87mg (8.7%), Calcium: 78.4mg (7.84%)