



## Haitian Rice and Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 1 tablespoon chipotle chile canned minced
- ☐ 15 ounce kidney beans red rinsed drained canned
- ☐ 3 garlic cloves minced
- ☐ 1.5 cups bell pepper green chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 2 cups shallots chopped ( 9 large)
- ☐ 0.3 cup vegetable broth organic (such as Swanson Certified )
- ☐ 3 cups water
- ☐ 1.5 cups rice long-grain white uncooked

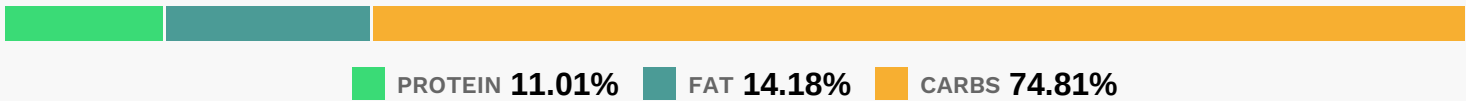
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots, bell pepper, oregano, and garlic to pan; cook 12 minutes or until the vegetables are tender, stirring frequently.
- ☐ Remove from heat. Stir in broth, vinegar, and 1/4 teaspoon salt. Cover and set aside.
- ☐ Bring 3 cups water and chile to a boil in a medium saucepan; add rice. Cover, reduce heat, and simmer 18 minutes or until liquid is absorbed.
- ☐ Remove from heat; fluff with a fork. Stir in remaining 1/4 teaspoon salt and beans. Spoon 1 cup rice mixture onto each of 6 serving plates; top each serving with about 1/4 cup shallot mixture.

## Nutrition Facts



## Properties

Glycemic Index:47.2, Glycemic Load:29.44, Inflammation Score:-7, Nutrition Score:14.376956473226%

## Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 338.45kcal (16.92%), Fat: 5.39g (8.29%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 64.02g (21.34%),  
Net Carbohydrates: 56.08g (20.39%), Sugar: 8.99g (9.99%), Cholesterol: 0mg (0%), Sodium: 434.04mg (18.87%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.85%), Manganese: 1.03mg (51.48%), Vitamin C: 37.3mg  
(45.21%), Fiber: 7.94g (31.75%), Vitamin B6: 0.51mg (25.51%), Phosphorus: 186.19mg (18.62%), Potassium: 578.22mg  
(16.52%), Copper: 0.33mg (16.3%), Iron: 2.58mg (14.32%), Magnesium: 55.77mg (13.94%), Folate: 53.5µg (13.38%),  
Selenium: 8.94µg (12.77%), Vitamin B1: 0.18mg (11.98%), Vitamin K: 11.25µg (10.71%), Zinc: 1.35mg (8.98%), Vitamin  
B5: 0.84mg (8.39%), Calcium: 78.61mg (7.86%), Vitamin B3: 1.45mg (7.26%), Vitamin E: 0.97mg (6.46%), Vitamin B2:  
0.1mg (5.87%), Vitamin A: 167.77IU (3.36%)