



Jamie's Black Beans and Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce bell peppers and onions green frozen
- 15 ounce black beans undrained canned
- 10 ounce enchilada sauce canned
- 2 tablespoons vegetable oil
- 1 cup rice white uncooked

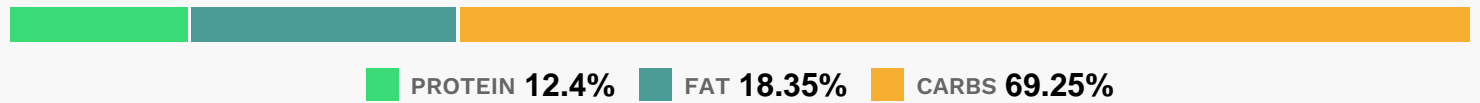
Equipment

- frying pan
- sauce pan

Directions

- In a saucepan bring 2 cups water to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- Meanwhile, heat oil in a large skillet over medium heat.
- Saute peppers and onions until tender. Stir in beans and enchilada sauce; simmer 15 minutes.
- Serve over cooked rice.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:23.15, Inflammation Score:-9, Nutrition Score:20.029565147732%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 372.44kcal (18.62%), Fat: 7.63g (11.73%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 64.76g (21.59%), Net Carbohydrates: 54.13g (19.68%), Sugar: 7.76g (8.62%), Cholesterol: 0mg (0%), Sodium: 1027.86mg (44.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.19%), Vitamin C: 95.01mg (115.16%), Vitamin A: 2696.04IU (53.92%), Fiber: 10.63g (42.52%), Manganese: 0.83mg (41.51%), Folate: 101.15µg (25.29%), Phosphorus: 186.43mg (18.64%), Iron: 3.12mg (17.34%), Vitamin B6: 0.34mg (17.03%), Copper: 0.32mg (15.9%), Vitamin K: 16.02µg (15.26%), Potassium: 530.17mg (15.15%), Vitamin B1: 0.22mg (14.63%), Magnesium: 57.28mg (14.32%), Vitamin B2: 0.21mg (12.38%), Selenium: 8.44µg (12.05%), Vitamin E: 1.73mg (11.51%), Vitamin B3: 2.09mg (10.46%), Vitamin B5: 0.89mg (8.89%), Zinc: 1.26mg (8.37%), Calcium: 55.12mg (5.51%)