



Kalamata-White Bean Rice



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 32 ounce navy beans rinsed drained canned
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 tablespoons basil fresh chopped
- ☐ 10 kalamata olives pitted coarsely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped

- ☐ 2 cups bell pepper red seeded chopped (2 large)
- ☐ 1 cup rice long-grain
- ☐ 0.3 teaspoon salt
- ☐ 2.3 cups water

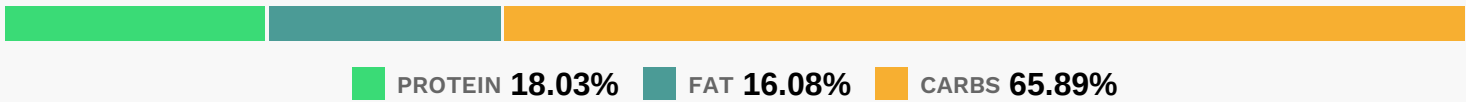
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a nonstick skillet over mediumhigh heat.
- ☐ Add bell pepper and onion; saut 5 minutes or until tender.
- ☐ Add water to pepper mixture; bring to a boil over medium-high heat. Stir in rice and basil. Bring to a boil. Cover, reduce heat, and simmer 18 to 20 minutes or until water is absorbed and rice is tender.
- ☐ Remove from heat.
- ☐ Add beans and next 4 ingredients to rice; cover and let stand 5 minutes.
- ☐ Sprinkle with feta cheese.

Nutrition Facts



Properties

Glycemic Index:41.53, Glycemic Load:16.23, Inflammation Score:-9, Nutrition Score:23.047391539035%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 375.22kcal (18.76%), Fat: 6.81g (10.48%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 62.82g (20.94%),
Net Carbohydrates: 52.93g (19.25%), Sugar: 3.97g (4.41%), Cholesterol: 16.82mg (5.61%), Sodium: 1102.91mg
(47.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.37%), Vitamin C: 70.66mg (85.65%),
Manganese: 1.02mg (50.88%), Fiber: 9.89g (39.56%), Vitamin A: 1697.79IU (33.96%), Folate: 132.87µg (33.22%),
Phosphorus: 323.99mg (32.4%), Selenium: 16.52µg (23.6%), Vitamin B6: 0.47mg (23.55%), Magnesium: 93.79mg
(23.45%), Copper: 0.43mg (21.74%), Vitamin B1: 0.31mg (20.47%), Iron: 3.51mg (19.5%), Calcium: 190.84mg (19.08%),
Potassium: 642.73mg (18.36%), Vitamin B2: 0.31mg (18.23%), Vitamin E: 2.41mg (16.06%), Zinc: 2.24mg (14.92%),
Vitamin K: 10.69µg (10.18%), Vitamin B3: 1.97mg (9.83%), Vitamin B5: 0.96mg (9.63%), Vitamin B12: 0.32µg (5.32%)