



# Middle Eastern Rice with Black Beans and Chickpeas

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



60 min.

SERVINGS



8

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup rice uncooked
- 30 ounce black beans drained and rinsed canned
- 30 ounce garbanzo beans drained and rinsed canned (chickpeas)
- 1 quart chicken stock see
- 1 clove garlic minced
- 1 teaspoon ground pepper
- 2 teaspoons ground coriander

- 2 teaspoons ground cumin
- 8 servings ground pepper black to taste
- 1.5 pounds pd of ground turkey
- 1 teaspoon ground turmeric
- 1 tablespoon olive oil
- 8 servings salt to taste

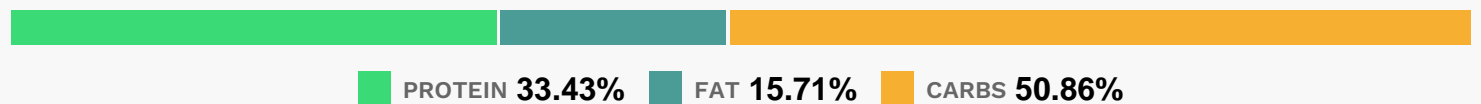
## Equipment

- frying pan
- sauce pan

## Directions

- Heat the olive oil in a large saucepan over medium heat. Stir in garlic, and cook 1 minute. Stir in rice, cumin, coriander, turmeric, and cayenne pepper. Cook and stir 5 minutes, then pour in chicken stock. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.
- Place the turkey in a skillet over medium heat, and cook until evenly brown.
- Gently mix cooked turkey, garbanzo beans, black beans, cilantro, parsley, and pine nuts into the cooked rice. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:25.69, Glycemic Load:15.11, Inflammation Score:-9, Nutrition Score:25.254782516023%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 433.87kcal (21.69%), Fat: 7.64g (11.75%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 55.6g (18.53%), Net Carbohydrates: 42.87g (15.59%), Sugar: 1.95g (2.16%), Cholesterol: 50.33mg (16.78%), Sodium: 1112.56mg (48.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.1%), Manganese: 1.44mg (72.21%), Vitamin B6: 1.42mg

(70.9%), Vitamin B3: 11.36mg (56.82%), Fiber: 12.73g (50.92%), Phosphorus: 458.13mg (45.81%), Selenium: 28.65µg (40.92%), Iron: 4.98mg (27.67%), Copper: 0.55mg (27.26%), Folate: 106.44µg (26.61%), Magnesium: 105.7mg (26.43%), Potassium: 911.73mg (26.05%), Zinc: 3.29mg (21.95%), Vitamin B2: 0.35mg (20.66%), Vitamin B1: 0.3mg (19.97%), Vitamin B5: 1.5mg (15%), Calcium: 97.28mg (9.73%), Vitamin B12: 0.43µg (7.23%), Vitamin C: 3.73mg (4.52%), Vitamin E: 0.47mg (3.15%), Vitamin A: 155.97IU (3.12%), Vitamin D: 0.34µg (2.27%), Vitamin K: 1.74µg (1.66%)