



Middle Eastern Rice with Black Beans and Chickpeas



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



465 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 bunch cilantro leaves fresh chopped
- ☐ 1 bunch parsley fresh chopped
- ☐ 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
- ☐ 0.3 cup pinenuts
- ☐ 8 servings salt to taste

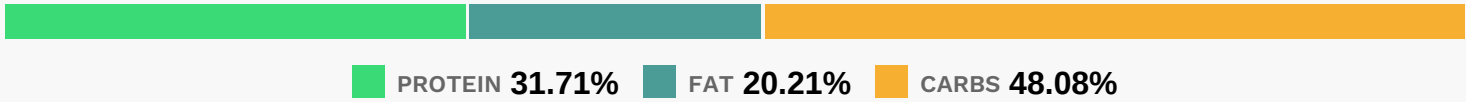
Equipment

- ☐ 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:33.69, Glycemic Load:15.18, Inflammation Score:-10, Nutrition Score:32.87826073688%

Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol:

0.11mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 465.05kcal (23.25%), Fat: 10.58g (16.28%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 56.64g (18.88%), Net Carbohydrates: 43.49g (15.81%), Sugar: 2.17g (2.41%), Cholesterol: 50.33mg (16.78%), Sodium: 1117.1mg (48.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.36g (74.72%), Vitamin K: 123.97µg (118.07%), Manganese: 1.83mg (91.56%), Vitamin B6: 1.43mg (71.49%), Vitamin B3: 11.65mg (58.27%), Fiber: 13.15g (52.6%), Phosphorus: 487mg (48.7%), Selenium: 28.69µg (40.99%), Iron: 5.67mg (31.51%), Copper: 0.61mg (30.68%), Magnesium: 120.11mg (30.03%), Folate: 119.32µg (29.83%), Potassium: 981.6mg (28.05%), Zinc: 3.65mg (24.31%), Vitamin B2: 0.37mg (21.73%), Vitamin B1: 0.32mg (21.45%), Vitamin A: 824.88IU (16.5%), Vitamin C: 13.51mg (16.38%), Vitamin B5: 1.55mg (15.47%), Calcium: 108.46mg (10.85%), Vitamin B12: 0.43µg (7.23%), Vitamin E: 0.94mg (6.3%), Vitamin D: 0.34µg (2.27%)