



## Moros y Cristianos

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black
- 30 ounce black beans rinsed drained canned
- 3 garlic cloves minced
- 0.5 cup bell pepper green finely chopped
- 1 teaspoon ground cumin
- 0.5 cup ham chopped reduced-fat
- 14.5 ounce less-sodium fat-free canned

- 3 tablespoons olive oil
- 1 cup onion chopped
- 1 teaspoon ground oregano
- 2 cups parboiled rice long-grain (such as Uncle Ben's)
- 0.5 cup tomato sauce

## Equipment

- dutch oven

## Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add ham; saut 1 minute.
- Add onion and garlic; saut 2 minutes. Stir in tomato sauce and broth; bring to a boil.
- Add rice and next 5 ingredients (rice through bay leaf); bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally. Discard bay leaf.
- Sprinkle each serving evenly with bell pepper.
- Garnish with a cilantro sprig, if desired.

## Nutrition Facts



■ PROTEIN 14.2% ■ FAT 19.36% ■ CARBS 66.44%

## Properties

Glycemic Index:35.86, Glycemic Load:30.78, Inflammation Score:-7, Nutrition Score:18.197826139305%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

## Nutrients (% of daily need)

Calories: 469.93kcal (23.5%), Fat: 10.1g (15.54%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 78.02g (26.01%), Net Carbohydrates: 66.21g (24.08%), Sugar: 2.37g (2.63%), Cholesterol: 7.23mg (2.41%), Sodium: 1065.38mg (46.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.36%), Manganese: 1.16mg (57.86%), Fiber: 11.81g (47.23%), Phosphorus: 276.97mg (27.7%), Folate: 101.51µg (25.38%), Copper: 0.48mg (24.22%), Vitamin B1: 0.35mg (23.11%), Iron: 4.11mg (22.83%), Selenium: 15.82µg (22.6%), Vitamin C: 17.72mg (21.48%), Potassium: 701.27mg (20.04%), Magnesium: 77.7mg (19.43%), Vitamin B6: 0.34mg (16.86%), Vitamin B2: 0.27mg (15.84%), Vitamin B3: 3.1mg (15.52%), Zinc: 1.87mg (12.49%), Vitamin B5: 1.14mg (11.44%), Vitamin E: 1.54mg (10.25%), Calcium: 92.76mg (9.28%), Vitamin K: 8.26µg (7.87%), Vitamin B12: 0.21µg (3.53%), Vitamin A: 152.53IU (3.05%)