



HEALTH SCORE

62%

Moros y Cristianos (Cuban-Style Black Beans and Rice)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



45 ounce black beans rinsed drained canned



1 teaspoon fennel seeds crushed



6 garlic clove minced



2 cups bell pepper green chopped



1 teaspoon ground coriander



2 teaspoons ground cumin



0.3 teaspoon ground pepper red

- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 6 dashes hot sauce hot (such as Tabasco)
- ☐ 2 cups rice long-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 cup tomatoes seeded chopped
- ☐ 0.3 cup water

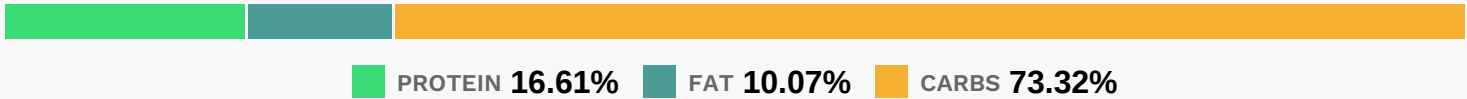
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion, bell pepper, and garlic to pan; cook 10 minutes or until tender, stirring occasionally.
- ☐ Add tomato to pan; cook for 2 minutes.
- ☐ Add vinegar and the next 6 ingredients (through red pepper) to pan; cook for 2 minutes. Stir in 1/4 cup water, beans, and pepper sauce; bring to a boil. Reduce heat, and simmer for 10 minutes or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:20.53, Inflammation Score:-8, Nutrition Score:15.224782632745%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 297.2kcal (14.86%), Fat: 3.36g (5.17%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 55.01g (18.34%), Net Carbohydrates: 44.01g (16.01%), Sugar: 2.13g (2.36%), Cholesterol: 0mg (0%), Sodium: 104.84mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.93%), Manganese: 0.95mg (47.57%), Fiber: 10.99g (43.98%), Folate: 171µg (42.75%), Vitamin C: 24.29mg (29.44%), Magnesium: 92.32mg (23.08%), Vitamin B1: 0.32mg (21.25%), Phosphorus: 206.12mg (20.61%), Iron: 3.08mg (17.1%), Copper: 0.34mg (16.89%), Potassium: 546.67mg (15.62%), Vitamin B6: 0.25mg (12.3%), Zinc: 1.68mg (11.21%), Selenium: 6.35µg (9.08%), Vitamin B3: 1.31mg (6.54%), Vitamin B5: 0.65mg (6.5%), Calcium: 60.63mg (6.06%), Vitamin B2: 0.1mg (5.88%), Vitamin K: 5.99µg (5.71%), Vitamin A: 228.49IU (4.57%), Vitamin E: 0.6mg (4.03%)