



Nicaraguan Gallo Pinto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups rice white cooked
- 2 cloves garlic minced
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 cup onion thinly sliced
- 2 cups beans dried red with 1/2 cup of the cooking liquid reserved cooked

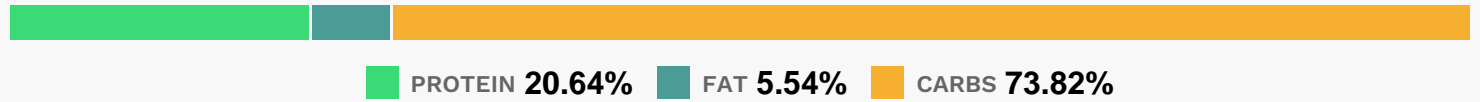
Equipment

- frying pan

Directions

- Cook dressing, onion and garlic in large skillet on medium heat until onions are tender.
- Stir in the beans with the reserved cooking liquid; cook 5 min., stirring gently to avoid mashing the beans.
- Add rice; cook 5 to 8 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:6.77, Glycemic Load:5.41, Inflammation Score:-2, Nutrition Score:3.3630434991387%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 59.82kcal (2.99%), Fat: 0.37g (0.57%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 9.17g (3.33%), Sugar: 0.6g (0.66%), Cholesterol: 0mg (0%), Sodium: 11.56mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Folate: 49.67µg (12.42%), Manganese: 0.2mg (9.83%), Fiber: 2g (8.01%), Phosphorus: 56.33mg (5.63%), Vitamin B1: 0.08mg (5.32%), Potassium: 179.8mg (5.14%), Copper: 0.1mg (4.79%), Iron: 0.86mg (4.77%), Magnesium: 18.82mg (4.71%), Vitamin B6: 0.07mg (3.4%), Zinc: 0.41mg (2.71%), Selenium: 1.26µg (1.8%), Vitamin B2: 0.03mg (1.73%), Vitamin B3: 0.31mg (1.55%), Vitamin B5: 0.14mg (1.45%), Calcium: 12.95mg (1.3%), Vitamin C: 1.01mg (1.23%), Vitamin K: 1.26µg (1.2%)