



Quick and Easy Black Beans and Rice

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 beef bouillon cubes
- 15.5 ounce black beans canned
- 0.5 teaspoon creole seasoning to taste
- 0.5 teaspoon cilantro leaves dried
- 3 cloves garlic minced
- 1 teaspoon ground cumin
- 2 tablespoons olive oil
- 1 small onion chopped

- 1 cup rice
- 2 cups water

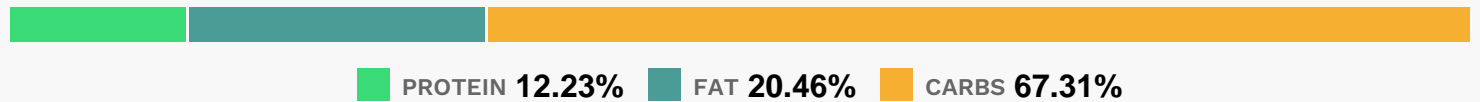
Equipment

- sauce pan

Directions

- Heat olive oil in a saucepan over medium heat. Cook and stir onion and garlic in hot oil until softened, 5 to 7 minutes.
- Stir water, black beans, cumin, and beef bouillon cube into the onion and garlic mixture; bring to a boil, add rice, cover, and simmer until the rice is tender and the moisture is absorbed, about 20 minutes.
- Gently stir Creole seasoning and cilantro into the beans and rice.

Nutrition Facts



Properties

Glycemic Index:25.86, Glycemic Load:15.24, Inflammation Score:-4, Nutrition Score:7.8843478683544%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 230.28kcal (11.51%), Fat: 5.23g (8.05%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 32.95g (11.98%), Sugar: 0.67g (0.74%), Cholesterol: 0.03mg (0.01%), Sodium: 448.15mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.07%), Manganese: 0.56mg (28.19%), Fiber: 5.77g (23.06%), Folate: 49.85µg (12.46%), Phosphorus: 123.92mg (12.39%), Copper: 0.23mg (11.69%), Iron: 1.97mg (10.93%), Magnesium: 37.54mg (9.38%), Vitamin B1: 0.14mg (9.1%), Selenium: 6.1µg (8.71%), Potassium: 296.5mg (8.47%), Vitamin B2: 0.11mg (6.6%), Vitamin B6: 0.13mg (6.52%), Zinc: 0.8mg (5.32%), Vitamin E: 0.77mg (5.14%), Vitamin B3: 1.02mg (5.12%), Vitamin B5: 0.47mg (4.73%), Calcium: 45.93mg (4.59%), Vitamin C: 3.51mg (4.25%),

Vitamin K: 3.18µg (3.03%), Vitamin A: 77.38IU (1.55%)