



Quick Black Beans and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans undrained canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 cups brown rice instant uncooked
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon vegetable oil

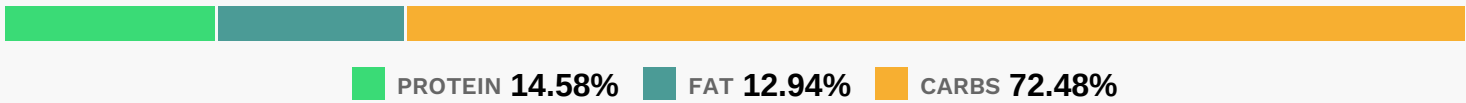
Equipment

☐ sauce pan

Directions

- ☐ In large saucepan, heat oil over medium-high.
- ☐ Add onion, cook and stir until tender.
- ☐ Add beans, tomatoes, oregano and garlic powder. Bring to a boil; stir in rice. Cover; reduce heat and simmer 5 minutes.
- ☐ Remove from heat; let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:18.007826038029%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 295.8kcal (14.79%), Fat: 4.35g (6.69%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 44.22g (16.08%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 548.56mg (23.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.05%), Folate: 173.48µg (43.37%), Fiber: 10.61g (42.46%), Manganese: 0.82mg (40.88%), Vitamin B1: 0.54mg (35.98%), Iron: 5.65mg (31.4%), Copper: 0.47mg (23.26%), Vitamin B3: 4.23mg (21.16%), Selenium: 14.25µg (20.35%), Potassium: 688.18mg (19.66%), Phosphorus: 196.02mg (19.6%), Vitamin C: 14.38mg (17.43%), Magnesium: 66.67mg (16.67%), Vitamin B6: 0.3mg (14.82%), Vitamin K: 14.95µg (14.24%), Vitamin B2: 0.2mg (11.8%), Vitamin E: 1.67mg (11.17%), Calcium: 93.85mg (9.39%), Zinc: 1.38mg (9.23%), Vitamin B5: 0.66mg (6.62%), Vitamin A: 234.26IU (4.69%)