



Quick & Easy Moros y Cristianos

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon chopped
- 15.5 oz black beans undrained canned
- 1.5 cups rice cooked
- 1 clove garlic minced
- 0.3 cup onions chopped
- 0.3 tsp oregano leaves dried
- 0.3 tsp each: salt and pepper black

Equipment

frying pan

Directions

- Cook bacon, onions and garlic in large skillet on medium-high heat until bacon is crisp.
- Stir in rice, beans with their liquid, the oregano, salt and pepper. Bring to boil.
- Reduce heat to medium-low; simmer 5 min., stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:1.9004347682323%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 45.66kcal (2.28%), Fat: 0.97g (1.5%), Saturated Fat: 0.32g (2%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 5.65g (2.05%), Sugar: 0.09g (0.1%), Cholesterol: 1.45mg (0.48%), Sodium: 128.23mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Fiber: 1.61g (6.44%), Manganese: 0.11mg (5.68%), Folate: 14.2µg (3.55%), Phosphorus: 32.83mg (3.28%), Vitamin B1: 0.04mg (2.7%), Copper: 0.05mg (2.63%), Iron: 0.47mg (2.59%), Magnesium: 9.67mg (2.42%), Selenium: 1.65µg (2.36%), Potassium: 79.98mg (2.29%), Vitamin B2: 0.03mg (1.79%), Vitamin B6: 0.03mg (1.67%), Zinc: 0.21mg (1.39%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.1mg (1.02%), Calcium: 10.09mg (1.01%)