

## Quinoa and Black Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



148 kcal

SIDE DISH

### Ingredients

- 30 ounce black beans rinsed drained canned
- 0.3 teaspoon ground pepper
- 1 cup corn kernels frozen
- 0.5 cup cilantro leaves fresh chopped
- 3 cloves garlic peeled chopped
- 1 teaspoon ground cumin
- 1 onion chopped
- 0.8 cup quinoa uncooked

- 10 servings salt and pepper to taste
- 1.5 cups vegetable stock
- 1 teaspoon vegetable oil

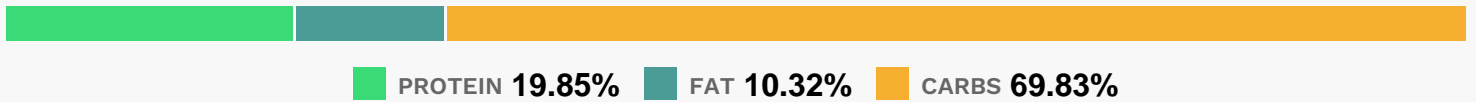
## Equipment

- sauce pan

## Directions

- Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and saute until lightly browned.
- Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
- Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through.
- Mix in the black beans and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:17.1, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:9.1173913271531%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

## Nutrients (% of daily need)

Calories: 147.88kcal (7.39%), Fat: 1.74g (2.68%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 19.18g (6.97%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 696.95mg (30.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.08%), Fiber: 7.35g (29.41%), Manganese: 0.52mg (25.84%), Folate: 84.09µg (21.02%), Phosphorus: 163.76mg (16.38%), Magnesium: 59.36mg (14.84%), Iron: 2.43mg (13.52%), Copper: 0.25mg (12.74%), Vitamin B1: 0.18mg (11.99%), Potassium: 383.84mg (10.97%), Vitamin B2: 0.16mg (9.62%),

Vitamin B6: 0.14mg (7.13%), Zinc: 0.95mg (6.34%), Vitamin C: 3.92mg (4.76%), Vitamin B3: 0.93mg (4.63%), Calcium: 43mg (4.3%), Selenium: 2.49µg (3.56%), Vitamin B5: 0.34mg (3.37%), Vitamin A: 165.28IU (3.31%), Vitamin K: 3.42µg (3.26%), Vitamin E: 0.41mg (2.71%)