



HEALTH SCORE

75%

Quinoa and Brown Rice Black Bean Fiesta Bowl



Gluten Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 1 cup brown mustard
- ☐ 2 cups brown rice uncooked
- ☐ 2 cups cabbage thinly sliced
- ☐ 15 ounce black beans drained canned
- ☐ 2 cups cucumber sliced quartered
- ☐ 1 cup greek yogurt plain

- ☐ 1 cup quinoa dry
- ☐ 0.5 cup mild salsa thin (not pico de gallo)
- ☐ 2 cups tomatoes chopped
- ☐ 3 tablespoons water
- ☐ 0.5 teaspoon worcestershire sauce

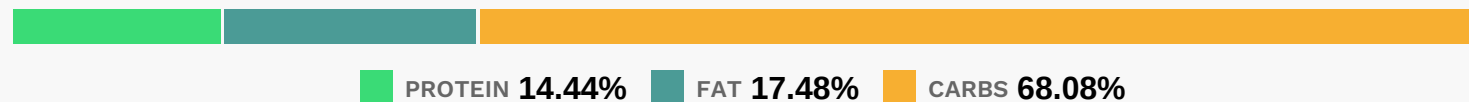
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook quinoa according to package directions.
- ☐ Transfer to a large bowl. Cook brown rice according to package directions.
- ☐ Transfer to a large bowl.
- ☐ Place mustard, yogurt, water and worcestershire sauce into a small saucepan over medium low heat. Stir until warm.
- ☐ Remove from heat.
- ☐ Place celery seed, paprika, curry powder, garlic salt, salt and pepper into a small bowl, stir to combine. In each serving bowl layer the following: brown rice, quinoa, a few spoonfuls of mustard sauce, black beans, cucumber, tomato, a few spoonfuls of salsa, cabbage, a few pinches of seasoning and diced avocado. I like to stir my bowl all together to mix in the sauce and seasonings. You may find you enjoy more sauce and or seasonings in your bowl.
- ☐ Add what you like. I also prefer my bowl slightly warm.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:28.27, Inflammation Score:-9, Nutrition Score:29.200869466947%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 521.54kcal (26.08%), Fat: 10.31g (15.87%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 90.35g (30.12%), Net Carbohydrates: 77.1g (28.04%), Sugar: 6.07g (6.74%), Cholesterol: 1.67mg (0.56%), Sodium: 438.3mg (19.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Manganese: 3.39mg (169.33%), Magnesium: 213.09mg (53.27%), Fiber: 13.25g (53%), Phosphorus: 496.7mg (49.67%), Folate: 167.71µg (41.93%), Vitamin B1: 0.57mg (38.1%), Vitamin B6: 0.71mg (35.7%), Copper: 0.64mg (32.06%), Vitamin K: 32.1µg (30.58%), Potassium: 1008.21mg (28.81%), Vitamin C: 23.45mg (28.43%), Iron: 4.73mg (26.25%), Vitamin B3: 4.81mg (24.05%), Zinc: 3.38mg (22.52%), Vitamin B2: 0.38mg (22.38%), Selenium: 15.2µg (21.72%), Vitamin B5: 2.1mg (21.03%), Calcium: 131.95mg (13.19%), Vitamin E: 1.91mg (12.72%), Vitamin A: 615.87IU (12.32%), Vitamin B12: 0.23µg (3.89%)