



Rice and Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



329 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 14 ounce kidney beans red drained and rinsed canned
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 medium bell pepper green seeded chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion peeled chopped
- ☐ 14 ounce boil-in-bag rice uncooked

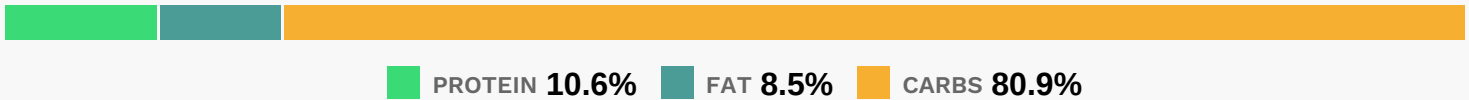
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a heavy saucepan over medium-high heat.
- ☐ Add the onion, bell pepper, garlic, and salt and sauté, stirring, for about 5 minutes.
- ☐ Pour the rice from the bag into the pan, then stir in the beans and 1 1/4 cups water. Bring to a boil.
- ☐ Cover, reduce heat to medium-low, and simmer until the liquid is absorbed, 10 to 15 minutes.
- ☐ Remove from heat and let stand, covered, for 5 minutes.
- ☐ Season with the black pepper, stir gently, and serve.

Nutrition Facts



Properties

Glycemic Index:35.36, Glycemic Load:35.65, Inflammation Score:-4, Nutrition Score:10.266956536666%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 328.69kcal (16.43%), Fat: 3.07g (4.72%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 65.72g (21.91%), Net Carbohydrates: 60.66g (22.06%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 368mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.23%), Manganese: 0.99mg (49.5%), Vitamin C: 18.14mg (21.99%), Fiber: 5.06g (20.24%), Phosphorus: 157.16mg (15.72%), Selenium: 10.96µg (15.65%), Copper: 0.27mg (13.37%), Vitamin B6: 0.24mg (12.03%), Magnesium: 40.62mg (10.16%), Vitamin B1: 0.14mg (9.22%), Potassium: 314.94mg (9%), Iron: 1.5mg (8.35%), Vitamin B5: 0.81mg (8.06%), Zinc: 1.2mg (8.01%), Vitamin B3: 1.51mg (7.55%), Folate: 28µg (7%), Vitamin K: 5.9µg (5.62%), Vitamin B2: 0.09mg (5.21%), Calcium: 46.3mg (4.63%), Vitamin E: 0.5mg (3.34%),

Vitamin A: 74.39IU (1.49%)