



## Rice and Beans with Avocado

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.7 cup avocado diced peeled (1 medium)
- 0.3 teaspoon pepper black freshly ground
- 1 cup brown rice long-grain
- 15 ounce black beans rinsed drained canned
- 2 cups cherry tomatoes halved
- 0.3 cup green onions chopped
- 1 tablespoon olives ripe chopped
- 0.3 teaspoon salt

- 1.5 ounces cheddar cheese shredded
- 2 cups water

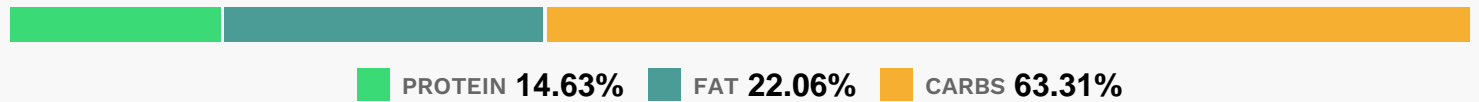
## Equipment

- bowl
- sauce pan

## Directions

- Combine rice and water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 35 minutes. Stir in beans; cook 10 minutes or until rice is done.
- Place rice mixture in a large bowl.
- Add remaining ingredients, tossing gently to combine.

## Nutrition Facts



## Properties

Glycemic Index:31.63, Glycemic Load:13.8, Inflammation Score:-6, Nutrition Score:15.050434642512%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 247.57kcal (12.38%), Fat: 6.19g (9.52%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 32.31g (11.75%), Sugar: 1.51g (1.67%), Cholesterol: 7.09mg (2.36%), Sodium: 448.95mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Manganese: 1.45mg (72.34%), Fiber: 7.64g (30.56%), Phosphorus: 217.42mg (21.74%), Magnesium: 83.5mg (20.87%), Vitamin C: 15.95mg (19.33%), Folate: 74.62µg (18.66%), Vitamin B1: 0.26mg (17.64%), Vitamin K: 16.72µg (15.92%), Copper: 0.32mg (15.75%), Potassium: 514.74mg (14.71%), Vitamin B6: 0.29mg (14.56%), Iron: 2.45mg (13.64%), Vitamin B3: 2.39mg (11.97%), Calcium: 100.32mg (10.03%), Zinc: 1.49mg (9.93%), Vitamin B2: 0.17mg (9.84%), Vitamin B5: 0.93mg (9.34%), Vitamin A: 402.14IU (8.04%), Vitamin E: 0.76mg (5.06%), Selenium: 3.29µg (4.7%), Vitamin B12: 0.08µg (1.25%)