



HEALTH SCORE

71%

Rice and Black Bean Pilaf



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup brown rice uncooked
- ☐ 15.5 ounce black beans drained and rinsed low-sodium canned
- ☐ 1 large carrots diced finely
- ☐ 1 stalk celery diced finely
- ☐ 0.5 teaspoon chili flakes dried
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 2.3 cups chicken broth low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 2 teaspoons oregano dried fresh chopped
- ☐ 2 teaspoons parsley leaves finely chopped

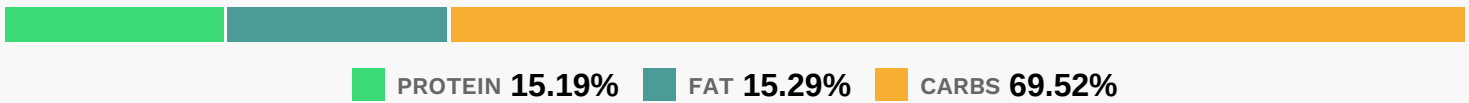
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Place rice and chicken broth in a saucepot and bring to a boil. Reduce heat and cook rice, covered, until tender and all the liquid is absorbed, 30 to 35 minutes.
- ☐ Remove from heat, uncover, and fluff with a fork.
- ☐ Heat the oil in a large saute pan over medium-high heat.
- ☐ Add onions and cook until onions are soft and translucent, about 5 minutes.
- ☐ Add garlic, oregano, celery, carrot, cumin and chili flakes and cook, stirring occasionally, until carrots are tender but not mushy, about 6 minutes. Stir in black beans and cook until just warmed through, about 1-2 minutes.
- ☐ Combine onion-black bean mixture and hot rice in a serving bowl and toss to combine.
- ☐ Garnish with parsley.
- ☐ Excellent source of: Protein, Fiber, Vitamin A, Niacin, Vitamin K, Manganese, Phosphorus
- ☐ Good source of: Thiamin, Vitamin B6, Vitamin C, Copper, Iron, Magnesium, Potassium, Selenium

Nutrition Facts



Properties

Glycemic Index:59.15, Glycemic Load:21.91, Inflammation Score:-10, Nutrition Score:22.359565206196%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 356.36kcal (17.82%), Fat: 6.19g (9.52%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 63.26g (21.09%), Net Carbohydrates: 52.12g (18.95%), Sugar: 2.94g (3.27%), Cholesterol: 0mg (0%), Sodium: 491.13mg (21.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.66%), Manganese: 2.22mg (110.88%), Vitamin A: 3159.01IU (63.18%), Fiber: 11.14g (44.55%), Phosphorus: 311.22mg (31.12%), Magnesium: 120.26mg (30.07%), Vitamin B1: 0.39mg (26.06%), Vitamin B3: 4.91mg (24.55%), Folate: 93.74µg (23.44%), Iron: 4.17mg (23.17%), Copper: 0.46mg (22.76%), Vitamin B6: 0.43mg (21.61%), Potassium: 754.56mg (21.56%), Vitamin K: 14.93µg (14.22%), Vitamin B2: 0.23mg (13.53%), Zinc: 1.89mg (12.59%), Vitamin B5: 1.05mg (10.55%), Calcium: 102.84mg (10.28%), Vitamin C: 7.9mg (9.57%), Vitamin E: 0.95mg (6.36%), Selenium: 2.02µg (2.89%), Vitamin B12: 0.13µg (2.21%)