



Rice and Black Bean Pilaf



Vegetarian



Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15.5 ounce black beans rinsed drained canned
- ☐ 0.8 cup celery chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1.5 cups brown rice instant uncooked
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 2 teaspoons olive oil

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 14 ounce vegetable broth canned

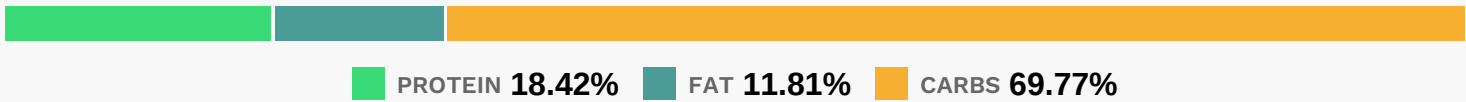
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium–high heat.
- ☐ Add celery and onion; cook 4 minutes, stirring occasionally.
- ☐ Add rice and next 6 ingredients; stir gently. Bring to a boil; reduce heat, and simmer 10 minutes or until liquid is absorbed.
- ☐ Add lime juice, and mix gently.
- ☐ Sprinkle with cheese before serving.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.09, Inflammation Score:–8, Nutrition Score:14.774347656447%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 282.71kcal (14.14%), Fat: 3.71g (5.71%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 49.33g (16.44%), Net Carbohydrates: 40.33g (14.67%), Sugar: 2.11g (2.35%), Cholesterol: 2.98mg (0.99%), Sodium: 1070.41mg (46.54%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.04%), Folate: 168.88µg (42.22%), Fiber: 9g (36.01%), Manganese: 0.65mg (32.67%), Vitamin B1: 0.47mg (31.31%), Iron: 4.46mg (24.78%), Phosphorus: 237.36mg (23.74%), Selenium: 15.68µg (22.41%), Vitamin B3: 3.06mg (15.28%), Copper: 0.29mg (14.54%), Potassium: 446.34mg (12.75%), Magnesium: 50.97mg (12.74%), Calcium: 122.89mg (12.29%), Vitamin B2: 0.19mg (11.23%), Zinc: 1.39mg (9.26%), Vitamin K: 8.74µg (8.32%), Vitamin C: 6.17mg (7.48%), Vitamin B6: 0.15mg (7.45%), Vitamin A: 338.91IU (6.78%), Vitamin B5: 0.45mg (4.47%), Vitamin E: 0.42mg (2.83%), Vitamin B12: 0.07µg (1.16%)