



## Rice and Black Bean Salad with Cumin Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

### Ingredients

- 15 ounce black beans rinsed drained canned
- 0.3 cup cilantro leaves chopped
- 1 cup whole-kernel corn frozen thawed
- 0.5 cup cucumber peeled seeded finely chopped
- 1 garlic clove minced
- 0.5 cup green onions finely chopped
- 0.5 teaspoon ground cumin

- 1 teaspoon ground cumin
- 0.5 teaspoon ground turmeric
- 1 tablespoon jalapeno minced seeded
- 0.1 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime fresh
- 6 tablespoons juice of lime fresh
- 2 cups wedges plum tomato thin ( 4 tomatoes)
- 0.5 cup bell pepper red finely chopped
- 1.5 cups parboiled rice long-grain uncooked (such as Uncle Ben's converted rice)
- 1 teaspoon vegetable oil
- 3 tablespoons vegetable oil
- 2 tablespoons water
- 3.3 cups water

## Equipment

- frying pan

## Directions

- To prepare rice, heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- Add rice; cook 1 minute. Stir in turmeric and 1/2 teaspoon cumin.
- Add 3 1/3 cups water and 1/2 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until liquid is absorbed.
- Remove from heat; uncover and cool to room temperature.
- Add corn and next 6 ingredients (corn through black beans).
- To prepare dressing, heat 1 teaspoon cumin in a small nonstick skillet over low heat for 30 seconds or just until fragrant.
- Remove from heat. Stir in 6 tablespoons lime juice and the next 4 ingredients (lime juice through garlic). Stir into rice mixture.

To prepare topping, combine tomato, 1 tablespoon lime juice, and 1/8 teaspoon salt.

Place rice mixture on a serving platter; spoon tomato topping over rice.

## Nutrition Facts

**PROTEIN 10.69%** **FAT 22.27%** **CARBS 67.04%**

### Properties

Glycemic Index:47.86, Glycemic Load:23.46, Inflammation Score:-9, Nutrition Score:16.671739225802%

### Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

### Nutrients (% of daily need)

Calories: 348.25kcal (17.41%), Fat: 8.78g (13.5%), Saturated Fat: 1.41g (8.78%), Carbohydrates: 59.45g (19.82%), Net Carbohydrates: 51.65g (18.78%), Sugar: 4.64g (5.15%), Cholesterol: 0mg (0%), Sodium: 587.28mg (25.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.95%), Vitamin C: 39.6mg (48%), Manganese: 0.87mg (43.59%), Vitamin K: 41.51µg (39.53%), Fiber: 7.8g (31.19%), Vitamin A: 1238.97IU (24.78%), Folate: 84.44µg (21.11%), Phosphorus: 177mg (17.7%), Copper: 0.35mg (17.33%), Potassium: 604.09mg (17.26%), Iron: 2.65mg (14.73%), Magnesium: 58.68mg (14.67%), Vitamin B6: 0.26mg (13.22%), Vitamin B1: 0.2mg (13.06%), Selenium: 8.28µg (11.83%), Vitamin B3: 2.19mg (10.95%), Vitamin B2: 0.17mg (10.3%), Vitamin E: 1.53mg (10.21%), Vitamin B5: 0.88mg (8.75%), Zinc: 1.26mg (8.42%), Calcium: 68.19mg (6.82%)