



## Salsa Rice with Black Beans and Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients



14 ounce black beans drained canned



2 tablespoons cilantro leaves fresh chopped



0.5 cup regular corn frozen thawed



1 cup rice instant



0.5 cup salsa prepared



4 servings salt and pepper black freshly ground

### Equipment

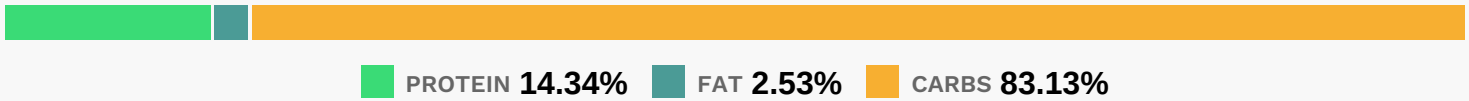


pot

# Directions

- ☐
- In a medium sauce pot, cook rice according to package instructions. When the rice is half way cooked, add black beans, salsa, and cook about 10 minutes for regular rice and 3 minutes for instant rice .Continue cooking rice.
- ☐
- Remove the pot, using a spoon, stir in chopped cilantro and season, to taste, with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:31.3, Glycemic Load:22.27, Inflammation Score:-5, Nutrition Score:11.58043480956%

## Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 289.04kcal (14.45%), Fat: 0.82g (1.26%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 60.52g (20.17%), Net Carbohydrates: 51.88g (18.86%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 597.67mg (25.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.88%), Manganese: 0.82mg (40.87%), Fiber: 8.64g (34.56%), Phosphorus: 188.95mg (18.89%), Folate: 73.92µg (18.48%), Copper: 0.33mg (16.28%), Magnesium: 57.99mg (14.5%), Potassium: 505.65mg (14.45%), Iron: 2.55mg (14.14%), Vitamin B1: 0.2mg (13.61%), Selenium: 8.74µg (12.48%), Vitamin B6: 0.23mg (11.26%), Vitamin B3: 2.07mg (10.35%), Vitamin B2: 0.17mg (10.05%), Zinc: 1.25mg (8.34%), Vitamin B5: 0.78mg (7.8%), Vitamin C: 4.84mg (5.86%), Calcium: 58.18mg (5.82%), Vitamin A: 174.84IU (3.5%), Vitamin E: 0.45mg (3.02%), Vitamin K: 2.19µg (2.09%)