



Seasoned White Beans and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baby arugula loosely packed
- ☐ 1.5 cups brown rice
- ☐ 31 oz cannellini beans drained canned
- ☐ 0.7 cup olive oil extra virgin
- ☐ 1 cup cilantro leaves fresh loosely packed
- ☐ 1 cup parsley fresh loosely packed
- ☐ 2 garlic clove
- ☐ 1 lime

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch salt and pepper

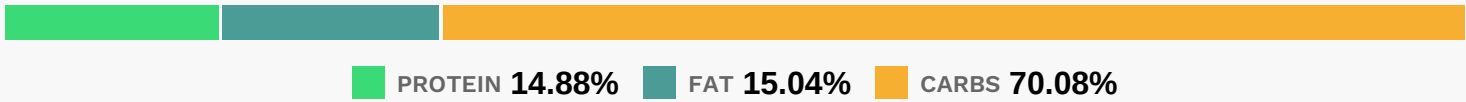
Equipment

- ☐ bowl
- ☐ blender
- ☐ microwave

Directions

- ☐ Prepare rice according to package directions with a pinch of salt and pepper.
- ☐ Meanwhile, grate rind from lime into a small bowl.
- ☐ Cut lime in half, and squeeze juice into bowl.
- ☐ Pulse cilantro, next 3 ingredients, lime rind, and lime juice in a blender until combined. Gradually add olive oil, salt, and pepper, and process just until blended, stopping to scrape down sides.
- ☐ Microwave cannellini beans in a large microwave-safe bowl at HIGH 1 1/2 minutes or until thoroughly heated. Stir in hot cooked rice.
- ☐ Add cilantro mixture, and toss to combine.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.32, Glycemic Load:5.65, Inflammation Score:-4, Nutrition Score:5.9913043405699%

Flavonoids

Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg
Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 78.29kcal (3.91%), Fat: 1.33g (2.04%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 13.93g (4.64%), Net
Carbohydrates: 12.04g (4.38%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 24.16mg (1.05%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin K: 36.65µg (34.91%), Manganese: 0.52mg (25.99%),
Fiber: 1.89g (7.57%), Magnesium: 30.19mg (7.55%), Iron: 1.21mg (6.74%), Folate: 25.15µg (6.29%), Phosphorus:
54.24mg (5.42%), Potassium: 178.09mg (5.09%), Copper: 0.1mg (5.06%), Vitamin B1: 0.07mg (4.72%), Vitamin A:
221.52IU (4.43%), Vitamin C: 3.62mg (4.38%), Vitamin B6: 0.08mg (3.84%), Zinc: 0.55mg (3.68%), Calcium: 29.9mg
(2.99%), Vitamin E: 0.41mg (2.71%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.22mg (2.16%), Vitamin B2: 0.02mg
(1.12%)