



Shiny Happy Poppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



54 kcal

SIDE DISH

Ingredients

- 1 cup brown rice white cooked
- 1 cup black beans drained and rinsed canned
- 2 tablespoons dijon mustard
- 1 tablespoon thyme sprigs dried fresh chopped
- 1 teaspoon garlic powder pressed peeled
- 12 servings hot sauce for drizzling
- 12 jalapeno
- 0.5 cup olive oil extra virgin extra-virgin for drizzling

Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat the grill to medium-high.
- Stem the jalapeños and cut one lengthwise slit in each pepper. Pull out the seeds and inner ribs with your fingers (wear rubber gloves if your skin is sensitive to handling hot peppers).
- In a medium-size bowl, combine the rice, black beans, mustard, garlic powder, and thyme. Stir until well mixed.
- With an appropriately sized spoon, fill the jalapeños with the rice mixture.
- Place the peppers on a large sheet of heavy-duty aluminum foil.
- Drizzle the peppers with the olive oil and then with the hot sauce, to taste.
- Fold the foil into a packet with the peppers in one layer. Grill the packet for 15 to 20 minutes, or until the peppers are soft and the rice filling is hot.
- Serve at once.
- You can temper the spiciness of jalapeños—at least somewhat—by removing the seeds and especially the white inner ribs, before stuffing them with the beans and rice.
- From the book *Grilling Vegan Style: 125 Fired-Up Recipes to Turn Every Bite into a Backyard BBQ* by John Schlimm. Reprinted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright © 2012.

Nutrition Facts



PROTEIN 11.15% **FAT 34.41%** **CARBS 54.44%**

Properties

Glycemic Index:13.85, Glycemic Load:2.05, Inflammation Score:-6, Nutrition Score:4.0256521546322%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 54.17kcal (2.71%), Fat: 2.12g (3.27%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 5.68g (2.06%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 86mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin C: 18.01mg (21.83%), Manganese: 0.25mg (12.41%), Fiber: 1.89g (7.54%), Vitamin E: 0.77mg (5.14%), Vitamin B6: 0.1mg (4.94%), Magnesium: 16.6mg (4.15%), Vitamin A: 181.14IU (3.62%), Phosphorus: 36mg (3.6%), Vitamin K: 3.71µg (3.54%), Folate: 13.73µg (3.43%), Vitamin B1: 0.05mg (3.22%), Iron: 0.56mg (3.11%), Potassium: 102.15mg (2.92%), Copper: 0.05mg (2.68%), Vitamin B3: 0.51mg (2.56%), Vitamin B2: 0.03mg (1.99%), Selenium: 1.15µg (1.65%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.46%), Calcium: 12.48mg (1.25%)