



Spanish Rice and Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



27 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce beans red rinsed drained canned
- 14.5 ounce canned tomatoes diced with green chiles, undrained canned
- 0.5 cup julienne-cut carrot (2-inch)
- 1 tablespoon thyme leaves fresh chopped
- 4 garlic cloves minced
- 1 cup bell pepper green chopped (1 medium)
- 0.5 teaspoon hot sauce
- 2 teaspoons olive oil

- 0.5 cup onion chopped
- 8 ounce rice mix yellow (such as Vigo)

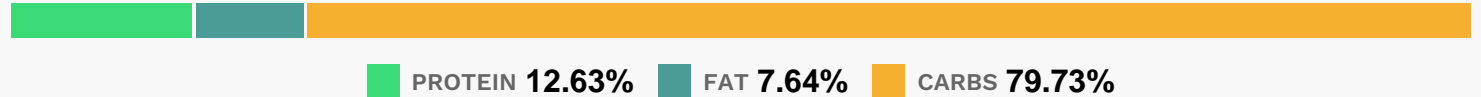
Equipment

- frying pan

Directions

- Prepare rice according to package directions, omitting salt and fat.
- While rice is cooking, heat oil in a large nonstick skillet over medium heat.
- Add bell pepper, onion, carrot, and garlic; cook 7 minutes, stirring occasionally.
- Add tomatoes and beans; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes or until vegetables are tender. Stir in hot sauce.
- Serve bean mixture over rice.
- Sprinkle evenly with chopped fresh thyme.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:33.94, Inflammation Score:-10, Nutrition Score:19.8169567688865%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.57mg, Luteolin: 2.57mg, Luteolin: 2.57mg, Luteolin: 2.57mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 356.52kcal (17.83%), Fat: 3.06g (4.71%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 71.77g (23.92%), Net Carbohydrates: 62.64g (22.78%), Sugar: 7.02g (7.8%), Cholesterol: 0mg (0%), Sodium: 312.15mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.75%), Vitamin A: 3015.64IU (60.31%), Manganese: 1.18mg (59%), Vitamin C: 46.89mg (56.84%), Fiber: 9.13g (36.52%), Vitamin B6: 0.47mg (23.29%), Phosphorus: 222.77mg (22.28%), Copper: 0.41mg (20.52%), Potassium: 703.83mg (20.11%), Iron: 3.37mg (18.7%), Magnesium:

68.59mg (17.15%), Vitamin B1: 0.25mg (16.44%), Selenium: 10.38µg (14.82%), Folate: 51.87µg (12.97%), Vitamin K: 13.61µg (12.96%), Vitamin B3: 2.58mg (12.89%), Vitamin B2: 0.19mg (11.33%), Zinc: 1.61mg (10.73%), Calcium: 104.75mg (10.47%), Vitamin B5: 0.97mg (9.65%), Vitamin E: 1.32mg (8.81%)