



Spanish Rice with Black Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

Ingredients

- 1 teaspoon ancho chili powder pure (or other , mild chili powder)
- 0.5 cup black beans rinsed well (or 1 15-ounce can)
- 0.5 teaspoon chipotle chili powder to taste (,)
- 4 cups brown rice cooked
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 0.5 jalapeno diced stemmed seeded to taste finely (add more or less)
- 1 medium onion chopped

- 8 servings pepper black freshly ground to taste
- 0.5 teaspoon paprika smoked
- 1.5 cup tomatoes fresh diced canned (or fire-roasted, liquid reserved)
- 1 bell pepper green yellow stemmed seeded chopped

Equipment

- frying pan

Directions

- Heat a deep, non-stick skillet over medium high heat.
- Add the onion and cook, stirring, until it begins to brown.
- Add the pepper, jalapeno, and garlic, and cook for another 2 minutes, taking care not to burn the garlic.
- Add the remaining ingredients, stir, and cook, stirring frequently, for about 15 minutes. If it becomes too dry, add a little vegetable broth or reserved tomato juice. Check the flavor, and add salt and additional seasonings to taste.

Nutrition Facts



PROTEIN 11.03% **FAT 6.79%** **CARBS 82.18%**

Properties

Glycemic Index:29.15, Glycemic Load:11.96, Inflammation Score:-5, Nutrition Score:9.672173899153%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 143.48kcal (7.17%), Fat: 1.1g (1.69%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 26.09g (9.49%), Sugar: 2.1g (2.33%), Cholesterol: 0mg (0%), Sodium: 73.26mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Manganese: 1.23mg (61.53%), Vitamin C: 18.46mg (22.37%),

Fiber: 3.89g (15.57%), Magnesium: 60.42mg (15.11%), Vitamin B6: 0.28mg (13.87%), Vitamin B1: 0.17mg (11.04%), Phosphorus: 109.94mg (10.99%), Vitamin B3: 1.84mg (9.22%), Iron: 1.54mg (8.56%), Copper: 0.16mg (7.92%), Potassium: 267.03mg (7.63%), Folate: 28.08µg (7.02%), Vitamin A: 294.58IU (5.89%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.51mg (5.08%), Vitamin E: 0.58mg (3.9%), Calcium: 37.01mg (3.7%), Vitamin B2: 0.06mg (3.42%), Vitamin K: 3.31µg (3.15%)