



Spicy Black Beans and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups rice long-grain white uncooked
- ☐ 4 cups water
- ☐ 2 tablespoons vegetable oil
- ☐ 3 medium cloves garlic finely chopped
- ☐ 3 teaspoons oregano dried
- ☐ 1 teaspoon pepper red crushed
- ☐ 30 oz black beans undrained canned
- ☐ 0.3 cup bell pepper diced red

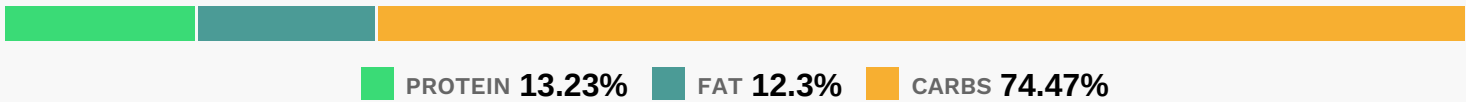
Equipment

☐ sauce pan

Directions

- ☐ Cook rice in water as directed on package.
- ☐ Meanwhile, in large saucepan, heat oil over medium heat.
- ☐ Add garlic, oregano and red pepper flakes; cook 1 to 2 minutes, stirring frequently.
- ☐ Stir in beans; heat to boiling. Reduce heat; simmer uncovered 10 minutes, stirring occasionally, to blend flavors.
- ☐ Serve over rice; sprinkle with bell pepper.

Nutrition Facts



Properties

Glycemic Index:10.68, Glycemic Load:14.95, Inflammation Score:-6, Nutrition Score:7.8369565735693%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.79kcal (10.04%), Fat: 2.73g (4.21%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 31.61g (11.49%), Sugar: 0.21g (0.23%), Cholesterol: 0mg (0%), Sodium: 280.75mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Manganese: 0.54mg (27.22%), Fiber: 5.64g (22.57%), Folate: 48.38µg (12.1%), Phosphorus: 115.2mg (11.52%), Copper: 0.22mg (11.21%), Iron: 1.83mg (10.18%), Magnesium: 35.46mg (8.87%), Vitamin B1: 0.13mg (8.35%), Selenium: 5.74µg (8.2%), Potassium: 272.86mg (7.8%), Vitamin C: 6.13mg (7.43%), Vitamin K: 7.65µg (7.28%), Vitamin B2: 0.11mg (6.34%), Vitamin B6: 0.12mg (5.83%), Zinc: 0.76mg (5.09%), Vitamin B3: 1.01mg (5.05%), Vitamin B5: 0.46mg (4.63%), Calcium: 45.91mg (4.59%), Vitamin A: 158.02IU (3.16%), Vitamin E: 0.42mg (2.83%)