



Spicy Black Beans and Yellow Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 8 servings pepper black freshly ground
- 1 pound black beans dried picked over
- 2 cloves garlic chopped
- 2 cloves garlic smashed
- 1 jalapeno chopped
- 1 teaspoon kosher salt
- 8 servings kosher salt

- 3 tablespoons olive oil extra-virgin
- 0.5 medium onion diced
- 2 cups rice long-grain
- 1 tablespoon turmeric
- 4 cups water

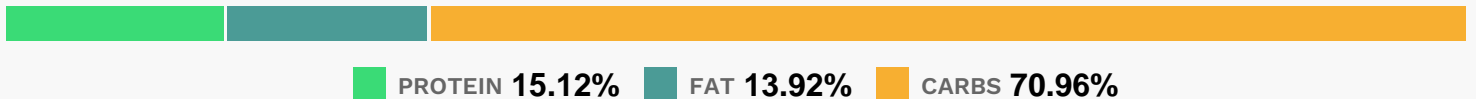
Equipment

- pot

Directions

- In a large pot, soak beans overnight covered in water by 2 inches.
- Drain and set aside.
- In the same pot, heat the olive oil.
- Add the onion, jalapeno pepper, garlic, and bay leaf and cook until the vegetables begin to soften, about 5 minutes.
- Add the beans and cover with water by about 1-inch. Bring to a boil, reduce the heat, cover, and simmer for 1 to 1 1/2 hours, or until the beans are tender.
- Remove the bay leaf and discard. Taste the beans and season with salt and pepper.
- Put all the ingredients into a heavy-bottomed pot, stir well, and bring to a boil over medium-high heat. Reduce the heat to a simmer, cover, and cook over low heat until the rice has absorbed the water, about 15 to 20 minutes.
- Remove from the heat and let sit, covered, for 5 minutes. Discard the garlic and bay leaf, fluff with a fork, and serve.

Nutrition Facts



Properties

Glycemic Index:27.15, Glycemic Load:22.59, Inflammation Score:-10, Nutrition Score:18.869565181111%

Flavonoids

Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 417.45kcal (20.87%), Fat: 6.47g (9.96%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 74.23g (24.74%), Net Carbohydrates: 64.43g (23.43%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 496.58mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Folate: 257.65µg (64.41%), Manganese: 1.22mg (61.17%), Fiber: 9.8g (39.2%), Vitamin B1: 0.55mg (36.73%), Copper: 0.61mg (30.63%), Magnesium: 112.91mg (28.23%), Potassium: 938.07mg (26.8%), Phosphorus: 260.03mg (26%), Iron: 3.67mg (20.4%), Zinc: 2.66mg (17.72%), Vitamin B6: 0.29mg (14.42%), Selenium: 9.1µg (13%), Vitamin B5: 1mg (10.03%), Vitamin B3: 1.94mg (9.68%), Calcium: 93.25mg (9.32%), Vitamin B2: 0.14mg (8.18%), Vitamin E: 1.02mg (6.8%), Vitamin K: 7.04µg (6.7%), Vitamin C: 3.28mg (3.98%)