



## Texas Caviar Rice and Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 oz black beans drained and rinsed canned
- 15.8 oz black-eyed peas drained and rinsed canned
- 0.7 cup celery thinly sliced
- 17.6 oz rice fully cooked
- 0.8 cup cilantro leaves fresh loosely packed
- 1.3 cups grape tomatoes halved
- 0.3 cup green onions thinly sliced
- 6 servings garnish: pickled jalapeño peppers sliced

- 4 oz pepper jack cheese shredded
- 0.3 cup poblano pepper finely chopped
- 0.3 cup roasted bell peppers red finely chopped
- 6 servings tortilla chips
- 6 servings texas vinaigrette divided

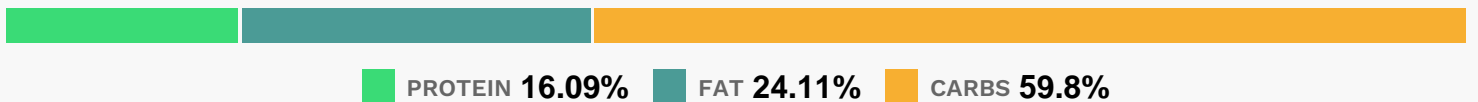
## Equipment

- bowl
- microwave

## Directions

- Stir together first 4 ingredients and 1/4 cup Texas Vinaigrette in a microwave-safe glass bowl; let stand 20 minutes, stirring occasionally. Microwave at HIGH 2 minutes or until thoroughly heated, stirring at 30-second intervals.
- Heat rice according to package directions; fluff with a fork. Divide bean mixture, rice, tomatoes, and next 4 ingredients among 4 to 6 individual plates.
- Serve with tortilla chips and remaining vinaigrette.
- Note: We tested with Tasty Bite Basmati Rice.

## Nutrition Facts



## Properties

Glycemic Index:58.83, Glycemic Load:30.08, Inflammation Score:-8, Nutrition Score:22.268260872882%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

## Nutrients (% of daily need)

Calories: 479.11kcal (23.96%), Fat: 13g (20%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 72.57g (24.19%), Net Carbohydrates: 59.97g (21.81%), Sugar: 4.21g (4.68%), Cholesterol: 16.82mg (5.61%), Sodium: 600.3mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.07%), Folate: 223.8µg (55.95%), Fiber: 12.61g (50.44%), Manganese: 1mg (50.06%), Phosphorus: 392.28mg (39.23%), Vitamin K: 32.94µg (31.38%), Magnesium: 111.11mg (27.78%), Vitamin C: 19.97mg (24.21%), Calcium: 238.75mg (23.88%), Iron: 4.26mg (23.68%), Copper: 0.47mg (23.67%), Vitamin B1: 0.33mg (22.23%), Potassium: 678.2mg (19.38%), Zinc: 2.83mg (18.87%), Selenium: 13.14µg (18.78%), Vitamin B6: 0.33mg (16.69%), Vitamin B2: 0.26mg (15.06%), Vitamin A: 749.89IU (15%), Vitamin B5: 1.22mg (12.21%), Vitamin E: 1.72mg (11.45%), Vitamin B3: 1.77mg (8.85%), Vitamin B12: 0.16µg (2.61%)