



 11%  
HEALTH SCORE

## Yellow Rice Salad with Roasted Peppers and Spicy Black Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup rice
- 15 ounce black beans rinsed drained canned
- 1.5 teaspoons chipotle sauce minced
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup bell pepper green chopped
- 0.5 cup spring onion thinly sliced
- 4 teaspoons ground cumin

- 0.3 cup juice of lime fresh
- 0.5 cup roasted peppers red chopped
- 1 teaspoon salt
- 0.5 teaspoon turmeric
- 2.5 tablespoons vegetable oil
- 2 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Stir 3 teaspoons cumin in small dry skillet over medium heat just until fragrant, about 1 minute.
- Remove from heat.
- Whisk lime juice and oil into skillet.
- Stir turmeric and remaining cumin in heavy medium saucepan over medium heat until fragrant, about 1 minute.
- Add 2 cups water, rice and salt; bring to boil. Reduce heat to low and cover; simmer until water is absorbed, about 15 minutes. Cool rice.
- Mix onions and half of dressing into rice. Season with salt and pepper.
- Combine black beans, all peppers, cilantro, chipotle chilies, and remaining dressing in medium bowl. Toss to coat. Season with salt and pepper.
- Mound bean mixture in center of platter. Surround with rice salad.
- \*Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores, and some supermarkets.
- Per serving: calories, 284; total fat, 9 g; saturated fat, 1 g; cholesterol, 0
- Bon Appétit

## Nutrition Facts

PROTEIN 11.63% FAT 23.52% CARBS 64.85%

## Properties

Glycemic Index:36.3, Glycemic Load:22.54, Inflammation Score:-9, Nutrition Score:16.731304293093%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

## Nutrients (% of daily need)

Calories: 370.12kcal (18.51%), Fat: 9.79g (15.06%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 51.03g (18.56%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 1245.92mg (54.17%), Alcohol: 0g (100%), Protein: 10.89g (21.78%), Manganese: 0.92mg (45.89%), Vitamin K: 47.3µg (45.04%), Vitamin C: 33.45mg (40.54%), Fiber: 9.68g (38.71%), Iron: 4.25mg (23.63%), Folate: 83.85µg (20.96%), Copper: 0.4mg (19.83%), Phosphorus: 193.26mg (19.33%), Magnesium: 65.62mg (16.4%), Potassium: 540.1mg (15.43%), Vitamin B1: 0.22mg (14.71%), Selenium: 8.64µg (12.34%), Vitamin B6: 0.24mg (11.79%), Vitamin B2: 0.18mg (10.72%), Calcium: 94.19mg (9.42%), Vitamin B3: 1.79mg (8.96%), Zinc: 1.32mg (8.81%), Vitamin A: 411.73IU (8.23%), Vitamin B5: 0.73mg (7.25%), Vitamin E: 1.02mg (6.83%)