



Yellow Rice with Black Beans and Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup no-salt-added black beans canned drained
- ☐ 0.5 cup kernel corn whole frozen thawed
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.3 teaspoon threads of saffron

- ☐ 0.3 teaspoon salt
- ☐ 2 cups water

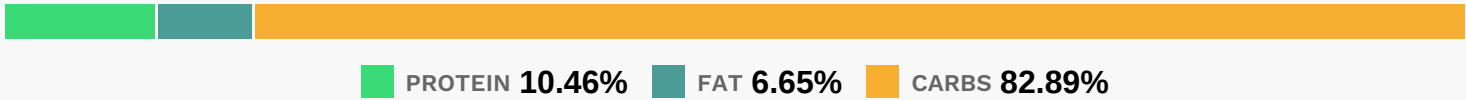
Equipment

- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add onion and garlic; saute 2 minutes.
- ☐ Add rice, and saute 2 minutes.
- ☐ Add water and saffron. Cover, reduce heat, and simmer 20 to 25 minutes or until liquid is absorbed and rice is tender. Stir in black beans and corn; cook 5 minutes or until thoroughly heated.
- ☐ Add salt and pepper.

Nutrition Facts



Properties

Glycemic Index:62.55, Glycemic Load:24.21, Inflammation Score:-4, Nutrition Score:6.8460869968909%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 238.48kcal (11.92%), Fat: 1.74g (2.68%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 45.62g (16.59%), Sugar: 1.77g (1.96%), Cholesterol: 0mg (0%), Sodium: 186.26mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Manganese: 0.7mg (35.2%), Fiber: 3.22g (12.86%), Folate: 48.84µg (12.21%), Selenium: 7.66µg (10.95%), Phosphorus: 105.08mg (10.51%), Copper: 0.19mg (9.67%), Magnesium: 34.47mg (8.62%), Vitamin B6: 0.16mg (7.89%), Vitamin B1: 0.11mg (7.28%), Potassium: 217.49mg (6.21%), Zinc:

0.9mg (5.98%), Vitamin B5: 0.58mg (5.81%), Iron: 0.99mg (5.51%), Vitamin B3: 1.05mg (5.27%), Vitamin C: 3.75mg (4.55%), Calcium: 35.25mg (3.53%), Vitamin B2: 0.05mg (2.99%), Vitamin E: 0.21mg (1.37%)