



Yucatan Black Beans and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups grape tomatoes halved
- ☐ 1 cup rice instant uncooked
- ☐ 1 jalapeno minced seeded
- ☐ 1 lime cut into wedges
- ☐ 1 tablespoon olive oil divided

- ☐ 1 cup onion finely chopped (1)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

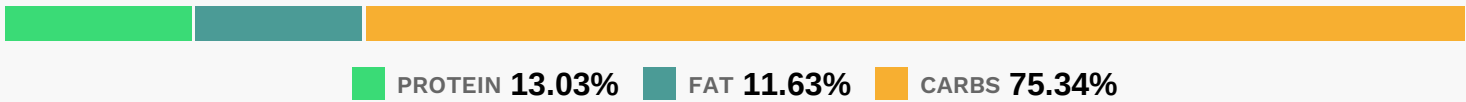
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice in 1 cup water according to package directions, omitting salt and fat.
- ☐ Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add jalapeo pepper and garlic; saut 1 minute.
- ☐ Add beans, tomatoes, and salt. Cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat. Stir in remaining oil.
- ☐ Serve over rice, and top with cilantro and lime wedges.

Nutrition Facts



Properties

Glycemic Index:84.06, Glycemic Load:32.33, Inflammation Score:-8, Nutrition Score:19.251739211704%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg

Nutrients (% of daily need)

Calories: 441.17kcal (22.06%), Fat: 5.76g (8.86%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 83.98g (27.99%), Net Carbohydrates: 70.79g (25.74%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 945.92mg (41.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.04%), Manganese: 1.2mg (59.84%), Fiber: 13.19g (52.75%), Vitamin C: 30.71mg (37.22%), Folate: 115.98µg (28.99%), Phosphorus: 265.77mg (26.58%), Copper: 0.51mg (25.44%), Potassium: 805.82mg (23.02%), Iron: 3.71mg (20.63%), Magnesium: 81.96mg (20.49%), Vitamin B1: 0.31mg (20.43%), Vitamin B6: 0.36mg (17.85%), Selenium: 11.82µg (16.88%), Vitamin A: 706.97IU (14.14%), Vitamin B2: 0.24mg (14.07%), Vitamin B3: 2.49mg (12.46%), Zinc: 1.72mg (11.46%), Vitamin B5: 1.09mg (10.95%), Vitamin K: 10.83µg (10.31%), Calcium: 100.98mg (10.1%), Vitamin E: 1.38mg (9.18%)