



Yucatecan Rice Salad



Vegetarian



Gluten Free

READY IN



14 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.1 teaspoon turmeric
- ☐ 0.5 cup brown rice instant (such as Minute)
- ☐ 1.5 ounce monterrey jack cheese with jalapeño peppers, cut into 1/2-inch squares reduced-fat
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup onion red
- ☐ 0.5 cup pimiento stuffed olives green coarsely chopped (11 olives)

☐ 0.5 cup water

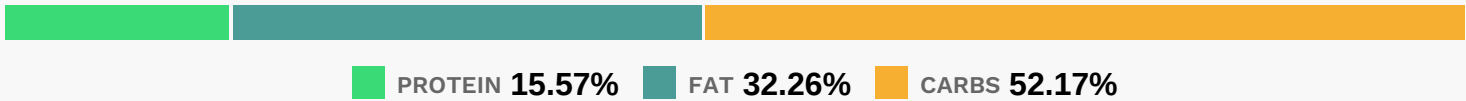
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring water and turmeric to a boil in a medium saucepan. Stir in rice; cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat.
- ☐ Place rice in a wire mesh strainer; rinse rice with cold water, and drain well.
- ☐ While rice cooks, combine beans and next 5 ingredients in a medium bowl.
- ☐ Add the cooled rice; toss gently until blended.
- ☐ Serve with lemon wedges, if desired.
- ☐ Serve with: Tomato-Avocado Wedges

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:13.640000091947%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 283.15kcal (14.16%), Fat: 10.31g (15.86%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 28.54g (10.38%), Sugar: 0.92g (1.02%), Cholesterol: 9.46mg (3.15%), Sodium: 739.45mg (32.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Manganese: 1.14mg (57.04%), Fiber: 8.97g (35.88%), Phosphorus: 244.21mg (24.42%), Magnesium: 77.01mg (19.25%), Folate: 75.07µg (18.77%), Vitamin B1:

0.25mg (16.91%), Copper: 0.3mg (15.22%), Iron: 2.61mg (14.5%), Calcium: 135.38mg (13.54%), Selenium: 8.57µg (12.24%), Potassium: 420.99mg (12.03%), Vitamin B2: 0.2mg (11.59%), Vitamin B6: 0.21mg (10.42%), Vitamin E: 1.48mg (9.88%), Vitamin B3: 1.92mg (9.58%), Zinc: 1.4mg (9.33%), Vitamin K: 6.21µg (5.91%), Vitamin B5: 0.59mg (5.89%), Vitamin C: 4.14mg (5.02%), Vitamin A: 220.07IU (4.4%), Vitamin B12: 0.09µg (1.47%)