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Rice and Beans.

Rice and beans is a classic dish that is popular in many cultures. It is a staple in Latin

American cuisine and is often served as a main course or a side dish. The dish consists of

cooked rice and beans that are seasoned with various spices and herbs. It is a hearty and

filling dish that can be enjoyed on its own or paired with other dishes.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: 30 mins Total Time: 40 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Rice
250 g	beans
100 g	onion
10 g	garlic
1 tsp	cumin

1 tsp	paprika
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Boiling

Cook the rice according to package instructions.

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Sautéing

In a separate pan, heat the olive oil over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add the beans, cumin, paprika, salt, and black pepper to the pan with the onion and garlic. Cook for an additional 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4



Combine the cooked rice and beans mixture. Stir well to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 4 g

Protein: 10 g

Carbohydrates: 70 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	70 g	127.27%	140%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

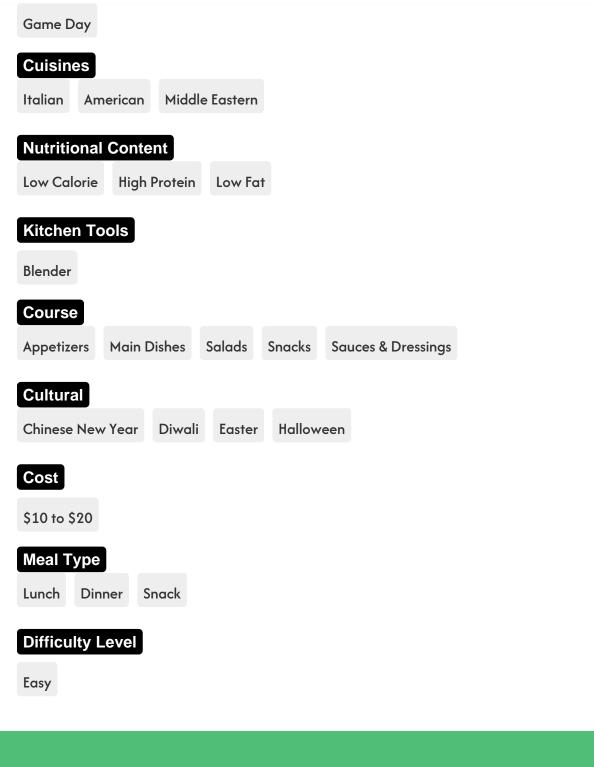
Recipe Attributes

Seasonality

Summer

Fall

Events



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