



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

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

Mixing

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

Game Day

Cuisines

Italian

American

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Halloween

Cost

\$10 to \$20

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com