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## Zucchini, Black Bean and Rice Skillet

A delicious vegetarian skillet recipe made with zucchini, black beans, and rice. This dish is packed with flavor and nutrients, making it a healthy and satisfying meal option.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

300 g	zucchini
200 g	Black Beans
200 g	Rice
2 tsp	olive oil
100 g	onion

<b>2 cloves</b>	garlic
<b>1 tsp</b>	cumin
<b>1 tsp</b>	paprika
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	pepper
<b>1 c</b>	vegetable broth
<b>1 pieces</b>	Lime
<b>20 g</b>	Cilantro

## Directions

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### Step 1

Stove

Heat olive oil in a skillet over medium heat. Add onion and garlic, and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

### Step 2

Stove

Add zucchini, black beans, cumin, paprika, salt, and pepper to the skillet. Cook for 5 minutes, stirring occasionally.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add rice and vegetable broth to the skillet. Bring to a boil, then reduce heat to low. Cover and simmer for 15 minutes, or until rice is cooked and liquid is absorbed.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 4

Squeeze lime juice over the skillet and garnish with cilantro. Serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 6 g

**Protein:** 10 g

**Carbohydrates: 40 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	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

# Recipe Attributes

## Seasonality

Summer Fall

## Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

## Meal Type

Lunch Snack Supper

## Difficulty Level

Medium

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