



HEALTH SCORE

100%

Achiote Beans Recado



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



115 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tablespoon agave nectar (or other sweetener)
- 0.3 teaspoon allspice
- 2 tablespoons achiote seeds (see note above)
- 1 teaspoon peppercorns black
- 1 pinch ground pepper to taste (or)
- 1 teaspoon cumin seeds
- 3 cloves garlic minced
- 6 servings juice of lime fresh

- 45 ounce pinto beans mixed rinsed drained canned
- 0.5 tablespoon blackstrap molasses (or other sweetener)
- 1 onion chopped
- 0.5 cup orange juice
- 1 teaspoon oregano (or)
- 0.5 bell pepper diced red
- 1 teaspoon salt to taste (or)
- 2 small serrano chiles minced (or other small, medium-hot)
- 3 tablespoons tomato paste
- 0.5 cup water

Equipment

- sauce pan
- pot

Directions

- Put the annatto seeds, cumin seeds, peppercorns, and cloves into a coffee grinder or spice mill and grind to a powder.
- Add the allspice, mix well, and set aside. In a large saucepan, sauté the onion the onion until it is beginning to brown.
- Add the two types of peppers and garlic and stir for another minute. Measure out 1 and 1/2 tablespoons of the seasoning and add it to the pot. Cook, stirring constantly, for 30 seconds and then stir in all remaining ingredients except lime juice. Cover, turn the heat to its lowest setting, and cook for about an hour and a half. Check and stir periodically (every 15 minutes or so), making sure that the beans are not sticking and that there is enough liquid in the pot; if not, add a little water. By the end of cooking, the beans should be moist but still thick enough to sit on a tortilla without running off.
- Remove from the heat, and just before serving add a squeeze of fresh lime juice and extra salt or red pepper to taste.

Nutrition Facts



■ PROTEIN 22.02% ■ FAT 4.08% ■ CARBS 73.9%

Properties

Glycemic Index:59.58, Glycemic Load:11.73, Inflammation Score:-9, Nutrition Score:26.917826072029%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 354.7kcal (17.73%), Fat: 1.68g (2.58%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 68.38g (22.79%), Net Carbohydrates: 47.74g (17.36%), Sugar: 7.69g (8.54%), Cholesterol: 0mg (0%), Sodium: 457.83mg (19.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.76%), Folate: 385.94µg (96.48%), Fiber: 20.64g (82.56%), Manganese: 1.21mg (60.49%), Vitamin C: 38.58mg (46.76%), Phosphorus: 341.89mg (34.19%), Potassium: 1189.98mg (34%), Magnesium: 125.95mg (31.49%), Vitamin B6: 0.63mg (31.32%), Vitamin B1: 0.47mg (31.04%), Iron: 5.38mg (29.89%), Copper: 0.55mg (27.75%), Selenium: 14.38µg (20.54%), Vitamin E: 2.69mg (17.96%), Zinc: 2.29mg (15.27%), Calcium: 131.52mg (13.15%), Vitamin K: 13.07µg (12.45%), Vitamin A: 529.37IU (10.59%), Vitamin B2: 0.18mg (10.51%), Vitamin B3: 1.28mg (6.39%), Vitamin B5: 0.63mg (6.28%)