



Baked Black Beans with Chorizo

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce no-salt-added black beans rinsed drained canned
- ☐ 5 garlic cloves minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 jalapeno sliced
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 2 ounces monterrey jack cheese shredded

- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup chorizo diced spanish
- ☐ 1 cup tomatoes seeded chopped

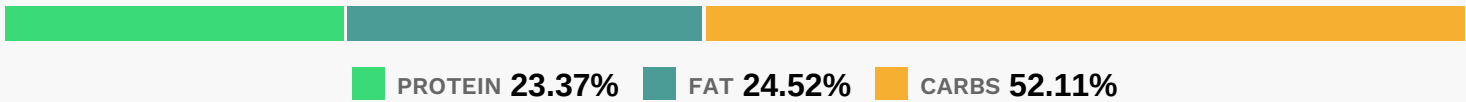
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chorizo; saut for 2 minutes.
- ☐ Remove chorizo from pan. Coat pan with cooking spray.
- ☐ Add onion and jalapeo; saut 4 minutes, stirring occasionally.
- ☐ Add salt, cumin, red pepper, and garlic; saut 1 minute, stirring constantly. Stir in broth and beans; bring to a boil. Cook 5 minutes. Mash to desired consistency. Spoon bean mixture into an 8-inch square baking dish coated with cooking spray.
- ☐ Top with chorizo, tomato, and cheese.
- ☐ Bake at 425 for 30 minutes or until lightly browned. Top with green onions.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:7.81, Inflammation Score:-8, Nutrition Score:16.880434839622%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 298.86kcal (14.94%), Fat: 8.32g (12.8%), Saturated Fat: 3.2g (20%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 26.2g (9.53%), Sugar: 2.63g (2.92%), Cholesterol: 14.3mg (4.77%), Sodium: 311.35mg (13.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.69%), Folate: 227.71µg (56.93%), Fiber: 13.58g (54.31%), Manganese: 0.77mg (38.44%), Magnesium: 111.06mg (27.76%), Phosphorus: 265.01mg (26.5%), Vitamin B1: 0.38mg (25.63%), Potassium: 720.15mg (20.58%), Iron: 3.62mg (20.11%), Copper: 0.34mg (17.17%), Zinc: 2.04mg (13.6%), Vitamin C: 10.77mg (13.05%), Calcium: 130.07mg (13.01%), Vitamin K: 12.94µg (12.32%), Vitamin B6: 0.22mg (10.96%), Vitamin B2: 0.14mg (8.53%), Vitamin A: 426.18IU (8.52%), Selenium: 3.68µg (5.25%), Vitamin B3: 1mg (5.01%), Vitamin B5: 0.46mg (4.6%), Vitamin E: 0.64mg (4.28%), Vitamin B12: 0.08µg (1.31%)