



## Banana and Black Bean Saute

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 banana chopped
- 14.5 ounce black beans rinsed drained canned
- 14 ounce coconut milk canned
- 1 tablespoon cooking oil
- 2 tablespoons honey
- 1 tablespoon juice of lime fresh
- 1 pinch salt

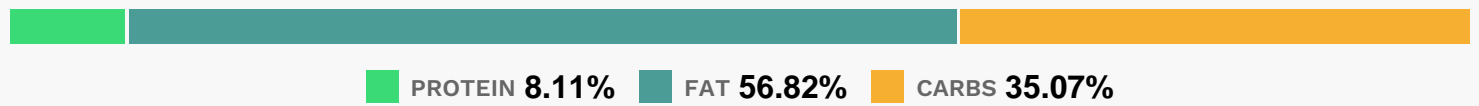
### Equipment

frying pan

## Directions

- Heat the oil in a skillet over medium-high heat; cook the bananas in the hot oil until hot, 2 to 3 minutes. Stir the honey and black beans with the bananas; cook and stir another 2 to 3 minutes. Stir the lime juice and salt into the mixture.
- Pour the coconut milk over the mixture and stir. Allow the mixture to simmer until hot, about 5 minutes.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:53.53, Glycemic Load:15.55, Inflammation Score:-7, Nutrition Score:26.709565152293%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 823.57kcal (41.18%), Fat: 55.03g (84.66%), Saturated Fat: 42.61g (266.3%), Carbohydrates: 76.42g (25.47%), Net Carbohydrates: 56.26g (20.46%), Sugar: 31.19g (34.66%), Cholesterol: 0mg (0%), Sodium: 839.98mg (36.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.35%), Manganese: 2.47mg (123.71%), Fiber: 20.15g (80.61%), Copper: 0.98mg (48.91%), Phosphorus: 435.29mg (43.53%), Folate: 170.1µg (42.52%), Iron: 7.41mg (41.16%), Magnesium: 162.31mg (40.58%), Potassium: 1385.88mg (39.6%), Vitamin B1: 0.36mg (23.97%), Vitamin C: 18.59mg (22.54%), Selenium: 15.74µg (22.49%), Vitamin B6: 0.4mg (20.15%), Vitamin B2: 0.3mg (17.58%), Zinc: 2.58mg (17.2%), Vitamin B3: 3.21mg (16.05%), Calcium: 108.96mg (10.9%), Vitamin E: 1.6mg (10.65%), Vitamin B5: 0.96mg (9.62%), Vitamin K: 5.53µg (5.27%)