



Bandeja Paisa

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

Ingredients

- 1 small carrots shredded grated
- 2 tablespoons oil
- 2 plantains diced green
- 1 pork trotter
- 4 cups kidney beans red
- 1 tablespoon salt
- 2 tablespoons tomato paste

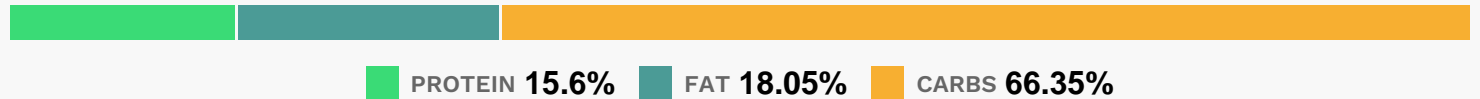
Equipment

pressure cooker

Directions

- Rinse the beans before cooking then place them in a pressure cooker half filled with water and 1 tablespoon of salt. Cook the beans for approximately 30 minutes. Then open the pressure cooker and place the rest of the ingredients in with the beans. Cook under pressure for another 20 minutes and serve with or without the trotter.
- Badeja Paisa may be accompanied with 8 ounces of grilled beefsteak, steamed white rice, fried sweet plantains, deep fried pork crackling, 1 fried egg atop the rice, and 1 corn tortilla. The rice should be in the middle of the plate, then the beans on the left side. The remainder of the ingredients can be arranged on the plate to your liking.

Nutrition Facts



Properties

Glycemic Index:20.52, Glycemic Load:6.31, Inflammation Score:-9, Nutrition Score:15.829565325509%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 299.24kcal (14.96%), Fat: 6.12g (9.42%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 50.61g (16.87%), Net Carbohydrates: 40.11g (14.59%), Sugar: 2.79g (3.1%), Cholesterol: 2.64mg (0.88%), Sodium: 1216.23mg (52.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.81%), Folate: 172.51µg (43.13%), Fiber: 10.5g (41.99%), Manganese: 0.66mg (32.96%), Vitamin A: 1473.76IU (29.48%), Potassium: 824.21mg (23.55%), Iron: 4.14mg (23.02%), Magnesium: 81.53mg (20.38%), Phosphorus: 199.82mg (19.98%), Copper: 0.38mg (19.03%), Vitamin B1: 0.28mg (18.93%), Vitamin C: 15.15mg (18.37%), Vitamin K: 14.95µg (14.24%), Vitamin B6: 0.22mg (11.02%), Zinc: 1.51mg (10.05%), Vitamin B2: 0.15mg (8.81%), Vitamin E: 1.14mg (7.58%), Vitamin B3: 1.42mg (7.08%), Vitamin B5: 0.63mg (6.31%), Calcium: 40.14mg (4.01%), Selenium: 2.61µg (3.73%)