



Barbecue Black Beans with Rum



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 45 ounce black beans drained canned
- ☐ 5 ounces chorizo
- ☐ 0.5 cup rum dark
- ☐ 4 garlic cloves finely chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon hot sauce
- ☐ 2 jalapeño peppers seeded chopped

- ☐ 0.5 cup catsup
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.3 cup mustard prepared
- ☐ 1 cup onion diced
- ☐ 2 tablespoons worcestershire sauce

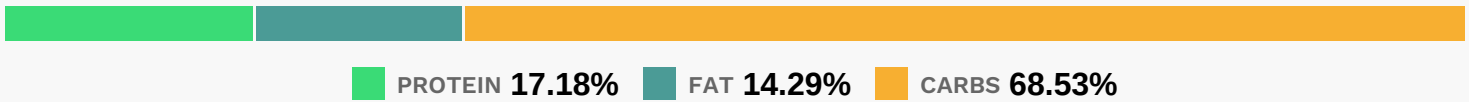
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook chorizo in a large saucepan over medium heat until browned, stirring to crumble; drain and set aside.
- ☐ Add onion, garlic, and jalapeos to pan; cook 5 minutes or until onion is tender. Stir in ketchup and remaining ingredients except beans; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Stir in the chorizo and beans; simmer for 1 hour over low heat, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:23.11, Glycemic Load:6.7, Inflammation Score:-7, Nutrition Score:13.86304343265%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 300.34kcal (15.02%), Fat: 4.38g (6.74%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 36.67g (13.34%), Sugar: 20.81g (23.12%), Cholesterol: 9.84mg (3.28%), Sodium: 837.64mg (36.42%), Alcohol: 4.45g (100%), Alcohol %: 2.35% (100%), Protein: 11.84g (23.68%), Fiber: 10.56g (42.22%),

Manganese: 0.75mg (37.44%), Magnesium: 103.59mg (25.9%), Iron: 4.36mg (24.22%), Potassium: 834.37mg (23.84%), Folate: 92.84µg (23.21%), Copper: 0.4mg (20.23%), Phosphorus: 181.08mg (18.11%), Vitamin B1: 0.24mg (15.78%), Vitamin B6: 0.28mg (14.22%), Vitamin C: 11.4mg (13.81%), Vitamin B2: 0.21mg (12.5%), Selenium: 8.02µg (11.46%), Calcium: 107.72mg (10.77%), Vitamin B3: 1.4mg (6.99%), Zinc: 0.96mg (6.37%), Vitamin B5: 0.48mg (4.84%), Vitamin A: 174.6IU (3.49%), Vitamin E: 0.34mg (2.26%), Vitamin K: 1.25µg (1.19%)