



Bean-Jicama Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



815 min.

SERVINGS



12

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ancho chile peppers dried
- 2 pounds pinto beans dried
- 0.3 cup olive oil extra virgin
- 0.5 cup cilantro leaves fresh chopped
- 15 cloves garlic minced
- 8 green onions sliced
- 2 tablespoons ground cumin
- 0.8 cup to 5 jalapeño peppers diced seeded

- 1 lb jicama peeled cut into thin strips
- 2 tablespoons kosher salt divided
- 0.3 cup juice of lime fresh
- 3 tablespoons olive oil
- 1 bunch oregano fresh
- 0.8 cup sherry vinegar
- 12 servings kitchen string
- 1 large onion diced yellow

Equipment

- bowl
- frying pan
- baking sheet
- oven
- dutch oven
- kitchen twine

Directions

- Rinse and sort beans according to package directions.
- Place in a large Dutch oven; add water to 3 inches above beans. Cover and let soak 8 hours.
- Drain.
- Preheat oven to 50
- Spread chiles in a single layer on a baking sheet; toast 1 to 2 minutes or until chiles puff and become fragrant.
- Cut chiles open with kitchen shears; remove seeds.
- Cut off stems.
- Tie oregano bunch with kitchen string. Return beans to Dutch oven; add oregano, chiles, cumin, and 1 1/2 qt. hot water. Bring to a boil over high heat. Cover, reduce heat to low, and simmer, stirring occasionally, 2 to 2 1/2 hours or until beans are tender, adding more water as needed.

- Remove oregano and chiles from bean mixture; discard. Spoon beans in a single layer on a baking sheet; cool completely (about 40 minutes). Cover and chill 3 hours.
- Saut onion, jalapeos, and garlic in 3 Tbsp. hot oil in a large skillet over medium-high heat 8 to 10 minutes or until onion is tender and slightly charred.
- Toss together beans, sauted vegetables, green onions, vinegar, 1/4 cup oil, and 2 Tbsp. kosher salt in a large bowl.
- Toss together jicama, cilantro, lime juice, and remaining 1 tsp. salt.
- Serve over bean salad.

Nutrition Facts

PROTEIN 18.2%

FAT 21.08%

CARBS 60.72%

Properties

Glycemic Index:21.92, Glycemic Load:15.99, Inflammation Score:-10, Nutrition Score:32.555652494016%

Flavonoids

Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 406.78kcal (20.34%), Fat: 9.73g (14.96%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 63.02g (21.01%), Net Carbohydrates: 45.45g (16.53%), Sugar: 7.59g (8.44%), Cholesterol: 0mg (0%), Sodium: 1188.02mg (51.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.9g (37.79%), Folate: 433.06µg (108.27%), Fiber: 17.57g (70.29%), Manganese: 1.21mg (60.29%), Vitamin K: 59.52µg (56.68%), Vitamin A: 2136.02IU (42.72%), Vitamin B1: 0.62mg (41.66%), Magnesium: 166.33mg (41.58%), Potassium: 1440.65mg (41.16%), Vitamin C: 33.56mg (40.68%), Copper: 0.78mg (39.24%), Phosphorus: 369.04mg (36.9%), Iron: 6.03mg (33.53%), Selenium: 22.63µg (32.33%), Vitamin B6: 0.6mg (29.89%), Vitamin B2: 0.32mg (18.96%), Vitamin E: 2.22mg (14.83%), Zinc: 2.15mg (14.31%), Calcium: 142.76mg (14.28%), Vitamin B3: 2.09mg (10.47%), Vitamin B5: 0.9mg (8.98%)