



Bean Stew (Habichuelas Guisadas)

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



10

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tsp pepper black
- 30 oz kidney beans red rinsed drained canned
- 2 cups chicken broth
- 0.5 cup oscar mayer ham smoked chopped
- 1 Tbsp olive oil
- 0.3 lb west indian pumpkin peeled cut into chunks (1/2 cup) (calabaza)
- 0.3 cup sofrito recipe
- 1 cup tomato sauce

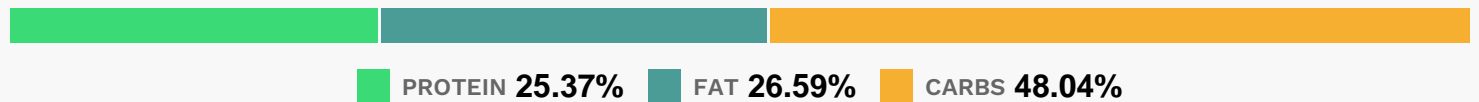
Equipment

pot

Directions

- Heat oil in large saucepot on medium heat.
- Add ham; cook and stir 3 minutes.
- Add tomato sauce and sofrito sauce base; mix well. Cook 5 minutes.
- Add broth and pumpkin; mix well. Cover. Bring to boil. Stir in alcaparrado condiment and beans. Return to boil. Reduce heat to low. Season to taste with pepper.
- Simmer, uncovered, 15 minutes or until sauce is slightly thickened.
- Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:20.1, Glycemic Load:5.14, Inflammation Score:-7, Nutrition Score:7.4995651854121%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg

Nutrients (% of daily need)

Calories: 120.26kcal (6.01%), Fat: 3.67g (5.65%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 9.96g (3.62%), Sugar: 2.96g (3.29%), Cholesterol: 9.32mg (3.11%), Sodium: 676.23mg (29.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Vitamin A: 1072.93IU (21.46%), Fiber: 4.96g (19.83%), Manganese: 0.32mg (16.16%), Phosphorus: 118.77mg (11.88%), Potassium: 362.27mg (10.35%), Vitamin B1: 0.15mg (10.25%), Copper: 0.18mg (9.09%), Iron: 1.5mg (8.34%), Magnesium: 32.52mg (8.13%), Vitamin B2: 0.13mg (7.57%), Folate: 26.36µg (6.59%), Vitamin B6: 0.13mg (6.29%), Vitamin B3: 1.15mg (5.74%), Zinc: 0.81mg (5.43%), Vitamin K: 5.3µg (5.05%), Vitamin E: 0.74mg (4.91%), Vitamin C: 3.42mg (4.14%), Selenium: 2.9µg (4.14%), Calcium: 33.3mg (3.33%), Vitamin B5: 0.26mg (2.58%)