



Beans with Beef Jerky



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces beef jerky minced
- ☐ 45 ounce pinto beans rinsed drained canned
- ☐ 1.5 cups fat-skimmed beef broth fat-free
- ☐ 5 garlic clove minced
- ☐ 1 cup bell pepper green chopped (1 medium)
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons blackstrap molasses
- ☐ 2 teaspoons olive oil

☐ 3 cups onion chopped (1 large)

Equipment

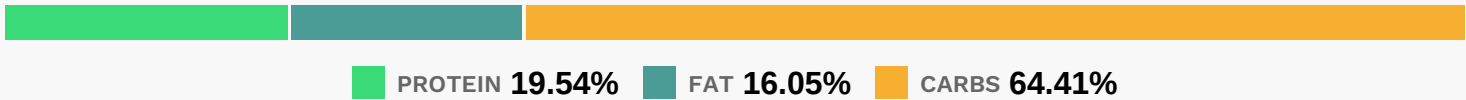
☐ frying pan

☐ dutch oven

Directions

- ☐ Heat oil in Dutch oven over medium heat.
- ☐ Add onion, bell pepper, and garlic to pan; cook 5 minutes, stirring occasionally.
- ☐ Add broth and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Uncover and cook until liquid is reduced by about half (about 15 minutes).

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:8.57, Inflammation Score:-5, Nutrition Score:10.263478356211%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg

Nutrients (% of daily need)

Calories: 173.81kcal (8.69%), Fat: 3.2g (4.92%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 21.76g (7.91%), Sugar: 7.27g (8.07%), Cholesterol: 2.72mg (0.91%), Sodium: 586.87mg (25.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.51%), Manganese: 0.6mg (29.77%), Fiber: 7.11g (28.45%), Vitamin C: 16.92mg (20.51%), Phosphorus: 166.62mg (16.66%), Potassium: 563.9mg (16.11%), Iron: 2.87mg (15.92%), Magnesium: 63.14mg (15.79%), Copper: 0.28mg (14.1%), Vitamin B6: 0.25mg (12.37%), Folate: 49.25µg (12.31%), Calcium: 89.63mg (8.96%), Zinc: 1.33mg (8.87%), Vitamin B1: 0.12mg (7.68%), Vitamin E: 0.95mg (6.33%), Vitamin K: 4.63µg (4.41%), Vitamin B3: 0.82mg (4.12%), Selenium: 2.54µg (3.63%), Vitamin B5: 0.34mg (3.38%), Vitamin B2: 0.06mg (3.28%), Vitamin B12: 0.12µg (2.07%), Vitamin A: 61.31IU (1.23%)