



 **35%**
HEALTH SCORE

Black Bean and Peppers Taco Filling

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large bell pepper diced
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- 14 ounce black beans rinsed drained canned
- 28 ounce canned tomatoes crushed canned
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 1.5 tablespoons olive oil extra virgin light extra-virgin

- 1 cup onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon paprika

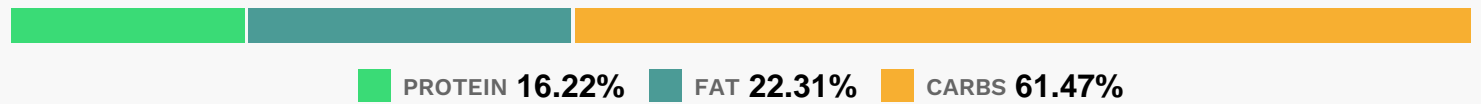
Equipment

- frying pan

Directions

- In a skillet add olive oil, onions and bell pepper. Cook until tender, about 3 5 minutes.
- Add tomatoes and seasonings, saute for 10 minutes.
- Add black beans and cook until warm.
- Serve with tortillas.
- Additional toppings: Romaine
- Lettuce, Cheese, jalapenos, salsa, hot sauce, avocado, and greek yogurt

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:2.99, Inflammation Score:-8, Nutrition Score:14.955217391304%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 123.25kcal (6.16%), Fat: 3.33g (5.13%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 13.75g (5%), Sugar: 7.02g (7.8%), Cholesterol: 0mg (0%), Sodium: 332.84mg (14.47%), Protein: 5.45g (10.91%), Vitamin C: 64.45mg (78.13%), Vitamin A: 1776.65IU (35.53%), Fiber: 6.92g (27.7%), Manganese: 0.4mg (20.08%), Vitamin E: 2.59mg (17.24%), Vitamin B6: 0.34mg (17.23%), Folate: 66.87µg (16.72%), Potassium: 584.57mg (16.7%), Iron: 2.8mg (15.56%), Copper: 0.3mg (15.15%), Vitamin B1: 0.18mg (12.01%), Magnesium: 46.74mg (11.68%), Vitamin K: 11.22µg (10.69%), Phosphorus: 106.62mg (10.66%), Vitamin B3: 2.05mg (10.24%), Vitamin B2:

0.16mg (9.49%), Calcium: 66.27mg (6.63%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.73mg (4.86%), Selenium: 1.61µg (2.29%)