



Black Bean Bagel Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bagels
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 servings romaine leaves
- ☐ 2 plum tomatoes sliced (Roma)
- ☐ 0.3 cup salsa thick

Equipment

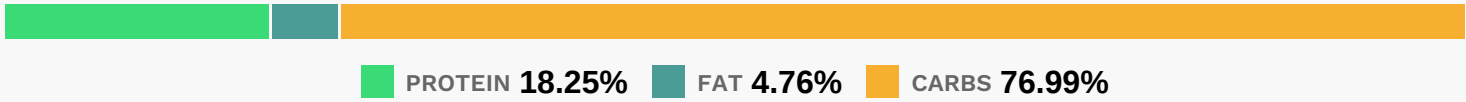
- ☐ food processor

☐ blender

Directions

- ☐ In food processor or blender, cover and process beans, salsa and cumin until smooth.
- ☐ Spread 1/4 cup bean mixture over each of 4 bagel halves. Top with tomato, lettuce and remaining bagel halves.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:38.95, Inflammation Score:-9, Nutrition Score:16.208695743395%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 401.42kcal (20.07%), Fat: 2.12g (3.26%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 77.12g (25.71%), Net Carbohydrates: 66.35g (24.13%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 1119.55mg (48.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.57%), Manganese: 0.95mg (47.53%), Fiber: 10.77g (43.06%), Vitamin A: 2145.03IU (42.9%), Folate: 102.6µg (25.65%), Vitamin B1: 0.36mg (24.25%), Phosphorus: 237.57mg (23.76%), Iron: 3.92mg (21.79%), Copper: 0.41mg (20.44%), Magnesium: 77.9mg (19.47%), Potassium: 611.65mg (17.48%), Vitamin B3: 3.03mg (15.17%), Vitamin C: 11.86mg (14.37%), Vitamin B2: 0.22mg (12.91%), Zinc: 1.65mg (10.99%), Vitamin B6: 0.2mg (9.97%), Calcium: 75.08mg (7.51%), Vitamin B5: 0.65mg (6.48%), Vitamin E: 0.51mg (3.39%), Vitamin K: 3.37µg (3.21%), Selenium: 1.73µg (2.47%)