



Black Bean Bagel Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.3 cup salsa thick
- ☐ 0.3 teaspoon chili powder
- ☐ 4 bagels
- ☐ 2 plum tomatoes sliced (Roma)
- ☐ 1 serving romaine leaves

Equipment

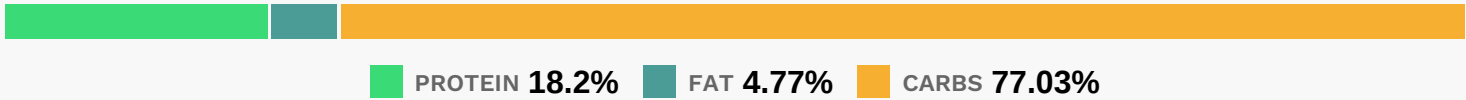
- ☐ food processor

☐ 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:27.5, Glycemic Load:38.95, Inflammation Score:-7, Nutrition Score:14.346521615982%

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: 398.61kcal (19.93%), Fat: 2.11g (3.25%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 76.58g (25.53%), Net Carbohydrates: 65.97g (23.99%), Sugar: 1.71g (1.9%), Cholesterol: 0mg (0%), Sodium: 1116.35mg (48.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.19%), Manganese: 0.89mg (44.73%), Fiber: 10.62g (42.46%), Folate: 95.78µg (23.95%), Phosphorus: 232.1mg (23.21%), Vitamin B1: 0.35mg (23.02%), Iron: 3.7mg (20.55%), Copper: 0.41mg (20.44%), Magnesium: 75.29mg (18.82%), Vitamin A: 847.78IU (16.96%), Potassium: 576.93mg (16.48%), Vitamin B3: 2.97mg (14.85%), Vitamin B2: 0.2mg (11.89%), Zinc: 1.61mg (10.74%), Vitamin C: 8.61mg (10.44%), Vitamin B6: 0.18mg (9.18%), Calcium: 67.85mg (6.78%), Vitamin B5: 0.65mg (6.49%), Vitamin E: 0.5mg (3.32%), Vitamin K: 3.49µg (3.32%), Selenium: 1.64µg (2.34%)