



 **16%**
HEALTH SCORE

Black Bean Feijoada

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- 15 oz black beans rinsed drained
- 0.3 teaspoon ground pepper to taste
- 2 tablespoons olive oil extra virgin
- 2 tablespoons ginger grated
- 0.5 teaspoon ground cumin
- 2 medium onion chopped
- 2 tablespoons ume plum vinegar
- 3 bell pepper sweet red peeled

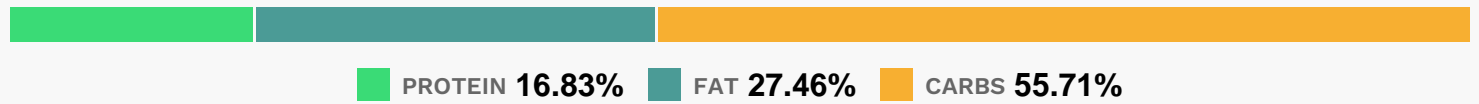
1 teaspoon sea salt

Equipment

Directions

- Heat oil, saute onions until translucent.
- Add cent.
- Add remaining ingredients, saute for 2 minutes, and set aside. Prepare topping. and sea salt. Simmer for 5 more minutes. Partially mash beans for a thick bean sauce consistency.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:3.57, Inflammation Score:-8, Nutrition Score:11.659565217391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 127.25kcal (6.36%), Fat: 4g (6.15%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 12.17g (4.43%), Sugar: 3.08g (3.42%), Cholesterol: 0mg (0%), Sodium: 1070.93mg (46.56%), Protein: 5.52g (11.03%), Vitamin C: 59.3mg (71.88%), Vitamin A: 1428.54IU (28.57%), Folate: 105.23µg (26.31%), Fiber: 6.09g (24.38%), Manganese: 0.33mg (16.58%), Magnesium: 46.63mg (11.66%), Vitamin B1: 0.17mg (11.19%), Vitamin B6: 0.2mg (10.22%), Potassium: 347.17mg (9.92%), Phosphorus: 95.4mg (9.54%), Vitamin E: 1.24mg (8.28%), Iron: 1.49mg (8.26%), Copper: 0.13mg (6.75%), Zinc: 0.77mg (5.12%), Vitamin B2: 0.08mg (4.61%), Vitamin K: 4.46µg (4.25%), Vitamin B3: 0.76mg (3.81%), Vitamin B5: 0.31mg (3.07%), Calcium: 25.55mg (2.56%), Selenium: 0.85µg (1.21%)