



Black Bean Pie

READY IN



65 min.

SERVINGS



8

CALORIES



701 kcal

Ingredients

- ☐ 30 ounce black beans drained canned
- ☐ 14.5 ounce canned tomatoes diced peeled drained canned
- ☐ 16 ounce cheddar cheese
- ☐ 10 6-inch flour tortillas
- ☐ 3 cloves garlic crushed
- ☐ 4 ounce chilies diced green drained canned
- ☐ 1 onion chopped
- ☐ 2 9-inch unbaked pie crusts

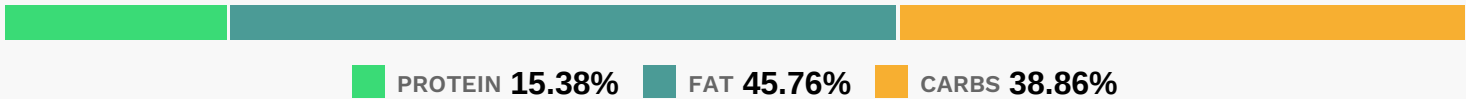
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, mix the beans, green chiles, tomatoes, onion and garlic. Line 9 inch pie pan with one pie crust.
- ☐ Pour 1/4 of the bean mixture into crust and spread evenly.
- ☐ Sprinkle with some of the cheese and cover with a tortilla. Continue to layer mixture the with cheese and tortillas, then cover with second pie crust. Flute edges and make slits in top.
- ☐ Bake in preheated oven for 45 minutes, or until crust is golden.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:8.13, Inflammation Score:-8, Nutrition Score:25.770435022271%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 700.61kcal (35.03%), Fat: 35.84g (55.14%), Saturated Fat: 16.17g (101.09%), Carbohydrates: 68.47g (22.82%), Net Carbohydrates: 57.13g (20.77%), Sugar: 5.18g (5.76%), Cholesterol: 56.7mg (18.9%), Sodium: 1329.39mg (57.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.21%), Calcium: 526.97mg (52.7%), Phosphorus: 515.99mg (51.6%), Fiber: 11.34g (45.38%), Selenium: 29.25µg (41.78%), Manganese: 0.82mg (40.84%), Folate: 159.59µg (39.9%), Vitamin B1: 0.55mg (36.58%), Vitamin B2: 0.61mg (36.01%), Vitamin C: 29.34mg (35.56%), Iron: 5.63mg (31.3%), Vitamin B3: 4.52mg (22.62%), Zinc: 3.29mg (21.94%), Copper: 0.42mg (21.02%), Magnesium: 83.46mg (20.87%), Potassium: 687.25mg (19.64%), Vitamin A: 818.67IU (16.37%), Vitamin B6: 0.32mg (16.2%), Vitamin K: 12.49µg (11.9%), Vitamin B12: 0.6µg (10.02%), Vitamin E: 1.4mg (9.33%), Vitamin B5: 0.89mg (8.89%), Vitamin D: 0.34µg (2.27%)