

Black Bean Stew

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup black beans canned drained
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 1 teaspoon chipotle chile in adobo sauce canned minced
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon green onions sliced
- ☐ 0.3 cup israeli couscous uncooked
- ☐ 1 tablespoon cup heavy whipping cream sour low-fat
- ☐ 2 teaspoons olive oil

☐ 0.5 cup onion chopped

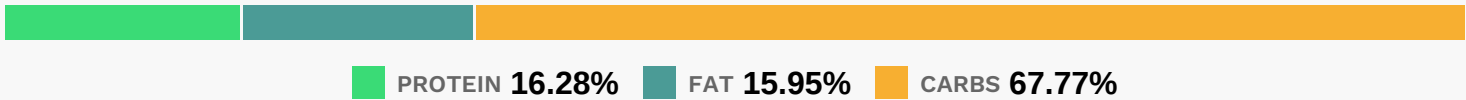
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add 1/2 cup onion and couscous; cook 5 minutes, stirring frequently.
- ☐ Add broth; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- ☐ Add beans, chipotle chile, and tomatoes; cover and simmer 4 minutes or until the couscous is tender.
- ☐ Serve with green onions and sour cream.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:18.5, Inflammation Score:-7, Nutrition Score:20.23304363243%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 317.88kcal (15.89%), Fat: 5.88g (9.05%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 56.25g (18.75%), Net Carbohydrates: 43.98g (15.99%), Sugar: 11.16g (12.4%), Cholesterol: 2.1mg (0.7%), Sodium: 1075.77mg (46.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.02%), Fiber: 12.27g (49.09%), Manganese: 0.87mg (43.38%), Copper: 0.65mg (32.61%), Vitamin C: 24.81mg (30.07%), Potassium: 1027.89mg (29.37%), Iron: 4.99mg (27.71%), Folate: 96.19µg (24.05%), Vitamin B3: 4.74mg (23.7%), Phosphorus: 236.56mg (23.66%), Vitamin B1: 0.35mg (23.43%), Vitamin B6: 0.45mg (22.69%), Magnesium: 90.08mg (22.52%), Vitamin E: 3.19mg (21.25%), Vitamin K: 19.7µg (18.76%), Vitamin B2: 0.28mg (16.27%), Calcium: 131.22mg (13.12%), Vitamin B5: 1.27mg (12.72%), Vitamin A: 495.85IU (9.92%), Zinc: 1.39mg (9.26%), Selenium: 5.25µg (7.5%), Vitamin B12: 0.25µg (4.2%)