



Black Beans and Ham

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion chopped
- 0.5 cup bell pepper green red chopped
- 30 oz black beans undrained canned
- 2 cups finely-chopped ham cubed fully cooked
- 2 teaspoons chili powder
- 0.3 cup cornmeal
- 0.7 cup milk

- 2 ounces cheddar cheese shredded
- 1.5 cups frangelico

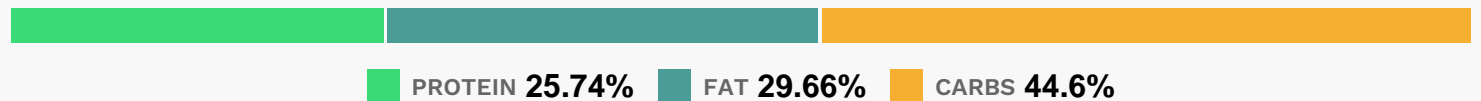
Equipment

- bowl
- dutch oven

Directions

- Heat oil in 4-quart Dutch oven over medium heat. Cook onion and bell pepper in oil, stirring occasionally, until tender. Stir in beans, ham and 1 teaspoon of the chili powder.
- Heat to boiling; reduce heat to low.
- Stir Bisquick mix, cornmeal and milk and remaining 1 teaspoon chili powder in medium bowl until soft dough forms. Drop by 6 spoonfuls onto simmering bean mixture.
- Cook uncovered 10 minutes. Cover and cook 8 minutes longer.
- Sprinkle with cheese. Cover and cook about 2 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:4.97, Inflammation Score:-7, Nutrition Score:17.909565220708%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg 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: 308.92kcal (15.45%), Fat: 10.29g (15.83%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 23.3g (8.47%), Sugar: 2.95g (3.28%), Cholesterol: 40.2mg (13.4%), Sodium: 1064.19mg (46.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.19%), Fiber: 11.51g (46.03%), Phosphorus: 365.83mg (36.58%), Vitamin B1: 0.46mg (30.9%), Vitamin C: 24.56mg (29.78%), Folate: 99.08µg (24.77%), Manganese: 0.47mg (23.38%), Vitamin B2: 0.36mg (21.41%), Potassium: 692.47mg (19.78%), Iron: 3.51mg (19.48%),

Magnesium: 77.68mg (19.42%), Selenium: 13.29µg (18.98%), Copper: 0.37mg (18.26%), Calcium: 162.13mg (16.21%),
Zinc: 2.43mg (16.18%), Vitamin B6: 0.32mg (16.17%), Vitamin B3: 2.64mg (13.18%), Vitamin B12: 0.78µg (12.96%),
Vitamin B5: 0.83mg (8.33%), Vitamin A: 388.42IU (7.77%), Vitamin K: 6.22µg (5.93%), Vitamin E: 0.61mg (4.05%),
Vitamin D: 0.35µg (2.37%)