



Black Beans (Frijoles Negros)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



880 min.

SERVINGS



20

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 pounds black beans
- ☐ 1 cup cooking wine dry red
- ☐ 8 garlic cloves mashed chopped
- ☐ 1 bell pepper green chopped
- ☐ 1 cup olive oil divided
- ☐ 1 large onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 1 teaspoon pepper
- ☐ 8 teaspoons salt
- ☐ 4 tablespoons sugar
- ☐ 4 tablespoons vinegar
- ☐ 20 cups water

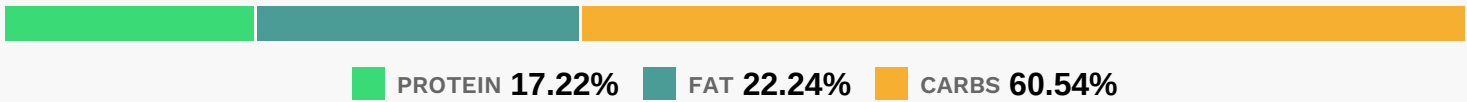
Equipment

- ☐ frying pan

Directions

- ☐ Wash the beans and soak overnight in the water. When the beans swell, cook in the same water until soft, about 45 minutes.
- ☐ Heat 1 cup oil in a frying pan, add onions, garlic and green peppers.
- ☐ Add 1 cup of the beans to the pan and mash.
- ☐ Add this to the beans together with the salt, pepper, if using, oregano, bay leaves and sugar. Allow to boil for a 1 hour then add the wine and vinegar allowing to cook uncovered for a while.
- ☐ Add the 4 remaining tablespoons olive oil just before serving.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:4.02, Inflammation Score:-4, Nutrition Score:5.1517391075259%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 105.27kcal (5.26%), Fat: 2.44g (3.76%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 10.7g (3.89%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 943.34mg (41.01%), Alcohol: 1.26g (100%), Alcohol %: 0.49% (100%), Protein: 4.26g (8.51%), Folate: 69.91µg (17.48%), Fiber: 4.27g (17.08%), Manganese: 0.26mg (13.06%), Magnesium: 36.27mg (9.07%), Vitamin B1: 0.12mg (8.01%), Copper: 0.15mg (7.31%), Vitamin C: 5.72mg (6.93%), Phosphorus: 69.15mg (6.91%), Iron: 1.08mg (6.01%), Potassium: 190.17mg (5.43%), Zinc: 0.57mg (3.82%), Vitamin B6: 0.07mg (3.5%), Calcium: 26.77mg (2.68%), Vitamin K: 2.58µg (2.45%), Vitamin E: 0.35mg (2.37%), Vitamin B2: 0.03mg (1.94%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.13mg (1.34%), Selenium: 0.79µg (1.14%)