



Black Beans in Boo Bowls



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 30 oz black beans rinsed drained progresso® canned
- ☐ 0.3 cup mild cheddar cheese shredded
- ☐ 3 large cranberry-orange relish
- ☐ 0.5 cup salsa thick old el paso®

Equipment

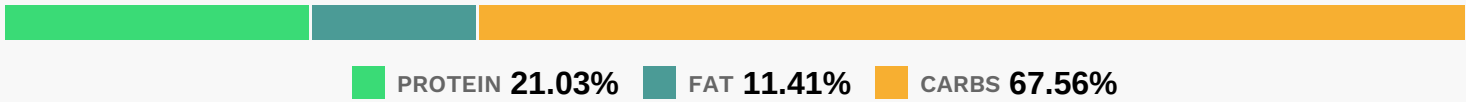
- ☐ sauce pan
- ☐ knife
- ☐ ziploc bags

☐ microwave

Directions

- ☐ Using small paring knife, make zigzag cut around center of each orange, cutting orange in half; pull halves apart. Using grapefruit spoon or small paring knife, remove orange segments; place in resealable food-storage plastic bag, and save for another use.
- ☐ In 1-quart saucepan, heat beans and salsa over medium-high heat, stirring constantly, until hot. Spoon bean mixture into orange shells.
- ☐ Spoon about 1 tablespoon cheese on top of each.
- ☐ Place on microwaveable plate; microwave on High 1 to 2 minutes or until cheese starts to melt.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:3.72, Inflammation Score:-7, Nutrition Score:14.980869433154%

Flavonoids

Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 204.13kcal (10.21%), Fat: 2.7g (4.15%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 23.56g (8.57%), Sugar: 9.45g (10.5%), Cholesterol: 6.28mg (2.09%), Sodium: 727.5mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Vitamin C: 53.18mg (64.46%), Fiber: 12.38g (49.51%), Folate: 116.25µg (29.06%), Phosphorus: 201.65mg (20.17%), Vitamin B1: 0.29mg (19.19%), Potassium: 663.84mg (18.97%), Manganese: 0.38mg (18.92%), Copper: 0.33mg (16.49%), Iron: 2.89mg (16.03%), Magnesium: 63.76mg (15.94%), Vitamin B2: 0.24mg (14.21%), Calcium: 136.86mg (13.69%), Vitamin B6: 0.18mg (8.78%), Vitamin A: 379.57IU (7.59%), Zinc: 1.1mg (7.36%), Vitamin B3: 1.38mg (6.92%), Selenium: 4.27µg (6.11%), Vitamin B5: 0.56mg (5.61%), Vitamin E: 0.48mg (3.18%), Vitamin B12: 0.07µg (1.11%), Vitamin K: 1.06µg (1.01%)