



Black Beans 'n' Spuds



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 24 oz potatoes refrigerated mashed

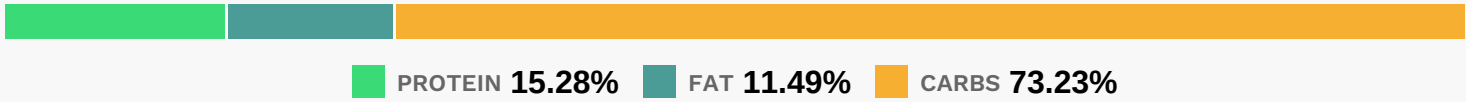
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Microwave potatoes according to package directions.
- ☐ Stir together potatoes, black beans, and butter in a large microwave-safe bowl. Cover with plastic wrap; fold back a small edge to allow steam to escape. Microwave at HIGH 1 to 2 minutes or until hot. Stir in cilantro.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Diner's Choice Country Style Mashed Potatoes. You can substitute 4 cups of your favorite hot mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:21.75, Inflammation Score:-6, Nutrition Score:14.976956648995%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 252.84kcal (12.64%), Fat: 3.3g (5.08%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 36.25g (13.18%), Sugar: 1.33g (1.48%), Cholesterol: 7.53mg (2.51%), Sodium: 440.99mg (19.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.76%), Fiber: 11.08g (44.32%), Vitamin C: 36.41mg (44.13%), Potassium: 1044.91mg (29.85%), Vitamin B6: 0.56mg (28.03%), Manganese: 0.51mg (25.42%), Folate: 92.23µg (23.06%), Phosphorus: 212.66mg (21.27%), Copper: 0.39mg (19.4%), Magnesium: 76.43mg (19.11%), Vitamin B1: 0.29mg (19.01%), Iron: 3.35mg (18.61%), Vitamin B3: 2.45mg (12.27%), Vitamin B2: 0.18mg (10.79%), Zinc: 1.07mg (7.14%), Vitamin B5: 0.7mg (7.04%), Calcium: 58.53mg (5.85%), Vitamin K: 3.79µg (3.61%), Selenium: 1.93µg (2.75%), Vitamin A: 101.87IU (2.04%)