



Black Beans with Bacon

 Gluten Free  Dairy Free

READY IN



810 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon strips diced
- 1 carrots cubed
- 1 tablespoon parsley fresh chopped
- 3 cloves garlic minced peeled
- 3 tablespoons olive oil
- 1 large onion chopped
- 6 servings salt and pepper to taste
- 1 tomatoes cubed

2.5 quarts water

Equipment

sauce pan

pressure cooker

Directions

Place beans in a pressure cooker with enough water to cover, and soak 12 hours, or overnight.

Add 2 1/2 quarts water to the beans, or enough to fill pressure cooker about 2/3 full. Cover, and cook 30 minutes at 10 pounds pressure.

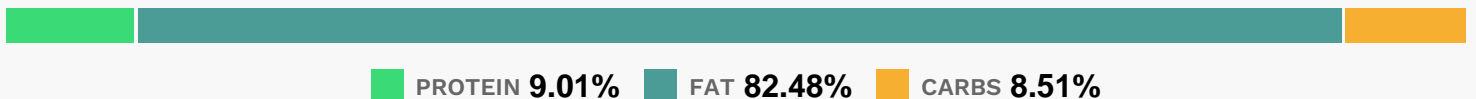
Remove from heat, and set aside.

Heat the oil in a medium saucepan over medium heat, and saute the garlic and onion until tender. Stir in the tomato and carrot. Cook about 5 minutes, and mix in the bacon. Cook and stir until bacon is crisp and evenly browned.

Mix the vegetable and bacon mixture into the pressure cooker with the black beans. Cover, and continue cooking approximately 10 minutes at 10 pounds pressure.

Garnish with parsley, and season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:28.97, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:7.1691305222719%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 239.84kcal (11.99%), Fat: 22.11g (34.01%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.1g (2.34%), Cholesterol: 24.95mg (8.32%), Sodium: 473.55mg (20.59%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Vitamin A: 1939.99IU (38.8%), Vitamin K: 18.23µg (17.37%), Selenium: 7.95µg (11.35%), Vitamin E: 1.36mg (9.06%), Vitamin B6: 0.18mg (9.01%), Vitamin B3: 1.79mg (8.95%), Vitamin B1: 0.13mg (8.91%), Vitamin C: 6.61mg (8.02%), Phosphorus: 72.84mg (7.28%), Potassium: 202.28mg (5.78%), Copper: 0.11mg (5.55%), Manganese: 0.1mg (5.05%), Zinc: 0.61mg (4.08%), Fiber: 1.01g (4.04%), Magnesium: 15.17mg (3.79%), Vitamin B12: 0.19µg (3.15%), Vitamin B5: 0.3mg (2.98%), Vitamin B2: 0.05mg (2.91%), Calcium: 28.7mg (2.87%), Folate: 10.81µg (2.7%), Iron: 0.4mg (2.23%), Vitamin D: 0.15µg (1.01%)