



HEALTH SCORE

60%

Boy, Oh Boy, Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce baby spinach fresh
- ☐ 15 ounce black beans drained canned
- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 2 cloves garlic chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion thinly sliced

☐ 0.5 teaspoon pepper flakes red

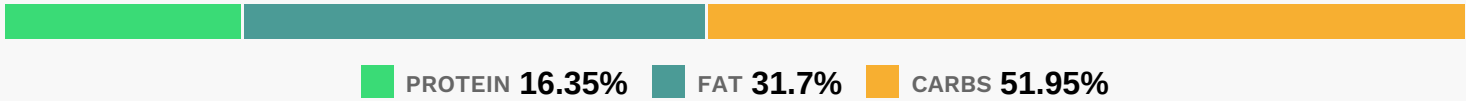
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a skillet over medium-high heat. Cook and stir onion with salt in the hot oil until onion is lightly browned, 10 to 15 minutes. Stir crushed red pepper, black pepper, and garlic into onion; cook until garlic is fragrant, about 1 minute.
- ☐ Stir black beans and tomatoes into onion mixture and cook until mixture is heated through, about 5 minutes.
- ☐ Remove from heat.
- ☐ Add spinach and cover to allow spinach to wilt, about 3 minutes. Toss and serve.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:25.344347850136%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 208.63kcal (10.43%), Fat: 7.66g (11.79%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 16.37g (5.95%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 1287.25mg (55.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.79%), Vitamin K: 347.34µg (330.8%), Vitamin A: 6726.27IU (134.53%), Folate: 207.73µg (51.93%), Manganese: 0.98mg (49.08%), Fiber: 11.88g (47.53%), Vitamin C: 33.8mg (40.96%), Magnesium: 97.14mg (24.28%), Iron: 4.14mg (22.98%), Potassium: 777.47mg (22.21%), Vitamin E: 2.55mg (17.01%), Phosphorus: 160.96mg (16.1%), Vitamin B2: 0.27mg (16.08%), Copper: 0.32mg (15.89%), Vitamin B1: 0.22mg (14.71%), Vitamin B6: 0.25mg (12.71%), Calcium: 118.78mg (11.88%), Zinc: 1.03mg (6.86%), Vitamin B3:

1.25mg (6.23%), Selenium: 2.51µg (3.58%), Vitamin B5: 0.29mg (2.9%)