



Caramelized Black Bean "Butter"



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons cocoa unsweetened

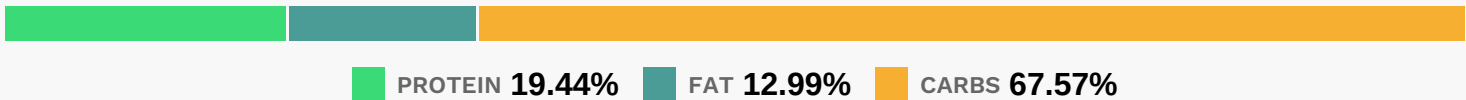
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 10 minutes or until golden.
- ☐ Place onion, beans, vinegar, cocoa, salt, and paprika in a food processor; process until smooth.
- ☐ Place bean mixture in a bowl.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:2.58, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.5391304298587%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 24.51kcal (1.23%), Fat: 0.37g (0.56%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 92.95mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Fiber: 1.47g (5.9%), Folate: 13.49µg (3.37%), Manganese: 0.06mg (3.05%), Phosphorus: 23.49mg (2.35%), Potassium: 75.99mg (2.17%), Iron: 0.38mg (2.13%), Vitamin B1: 0.03mg (2.07%), Copper: 0.04mg (2.06%), Magnesium: 7.86mg (1.97%), Vitamin C: 1.58mg (1.91%), Vitamin K: 1.61µg (1.54%), Vitamin B2: 0.03mg (1.49%), Vitamin B6: 0.03mg (1.32%)