



Caribbean Pineapple Black Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon allspice
- 0.5 bell pepper chopped
- 0.3 teaspoon ground pepper to taste (more or less,)
- 1 small pepper flakes seeded chopped
- 3 cups black beans rinsed cooked drained well canned
- 1 teaspoon thyme dried
- 4 cloves garlic minced
- 2 teaspoons ginger peeled chopped

- 1 medium onion diced
- 1 cup pineapple fresh chopped
- 0.8 cup pineapple juice unsweetened
- 1 over-ripe plantain black very ripe for every 2 people (look for large spots)
- 4 servings salt and pepper black to taste

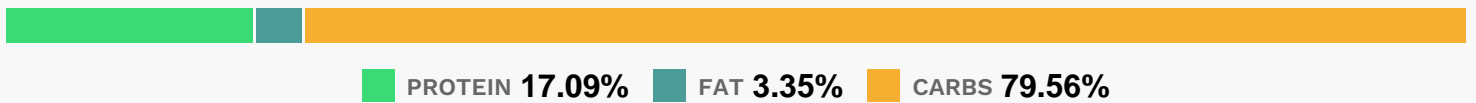
Equipment

- frying pan

Directions

- Saute the onion in a non-stick pan, adding a tablespoon of water if needed to keep it from sticking. (
- Add a pinch of baking soda to speed up browning, if desired.) Cook for 3-5 minutes, until beginning to turn golden.
- Add the peppers, garlic, and chopped ginger and cook another 2 minutes.
- Add the drained black beans, pineapple juice, thyme, allspice, and cayenne (to taste). Cover and cook for 15 minutes on low, adding a splash of water if it starts to dry out.
- Add the pineapple and salt and pepper to taste. Cover and cook for about 5 minutes.
- Serve over brown rice or quinoa.

Nutrition Facts



Properties

Glycemic Index:82.67, Glycemic Load:12.68, Inflammation Score:-9, Nutrition Score:23.380869875784%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 295.33kcal (14.77%), Fat: 1.16g (1.79%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 62g (20.67%), Net Carbohydrates: 48.14g (17.5%), Sugar: 18.76g (20.85%), Cholesterol: 0mg (0%), Sodium: 201.88mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.63%), Vitamin C: 70.92mg (85.97%), Manganese: 1.4mg (69.91%), Folate: 233.21µg (58.3%), Fiber: 13.86g (55.45%), Magnesium: 126.06mg (31.51%), Vitamin B1: 0.44mg (29.18%), Potassium: 909.51mg (25.99%), Vitamin A: 1176.07IU (23.52%), Vitamin B6: 0.46mg (23.24%), Phosphorus: 224.52mg (22.45%), Iron: 3.84mg (21.36%), Copper: 0.42mg (21.09%), Vitamin K: 20.16µg (19.2%), Zinc: 1.8mg (12.01%), Vitamin B2: 0.17mg (9.9%), Vitamin B3: 1.62mg (8.11%), Calcium: 68.5mg (6.85%), Vitamin B5: 0.68mg (6.83%), Selenium: 2.98µg (4.25%), Vitamin E: 0.4mg (2.64%)