



Caribbean Sweet Potatoes and Black Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 garlic clove minced
- ☐ 0.8 cup green onions sliced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 12 ounce turkey sausage italian hot

- ☐ 0.5 cup onion thinly sliced
- ☐ 5 ounce rice mix yellow
- ☐ 2 teaspoons stick margarine
- ☐ 2 cups maple-glazed sweet potatoes

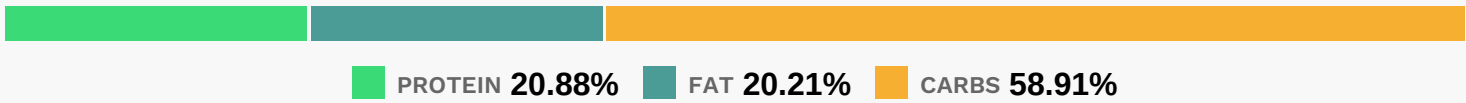
Equipment

- ☐ frying pan

Directions

- ☐ Remove seasoning packet from rice mix; discard. Cook rice according to package directions, omitting fat. Keep warm.
- ☐ Crumble the sausage into a large nonstick skillet, and stir over medium-high heat until browned (about 8 minutes).
- ☐ Drain sausage, and set aside.
- ☐ Melt the butter in pan over medium-high heat.
- ☐ Add thinly sliced onion and garlic, and saut for 3 minutes. Stir in the Maple-Glazed Sweet Potatoes and the next 4 ingredients (potatoes through cinnamon), and reduce heat to medium. Cover and cook for 10 minutes. Stir in sausage, green onions, and beans; cover and cook 3 minutes or until thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:50.04, Glycemic Load:19.55, Inflammation Score:-10, Nutrition Score:24.335217382597%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 363.24kcal (18.16%), Fat: 8.18g (12.58%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 44.47g (16.17%), Sugar: 5.55g (6.16%), Cholesterol: 36.06mg (12.02%), Sodium: 1196.44mg (52.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.04%), Vitamin A: 7892.8IU (157.86%), Iron: 9.17mg (50.94%), Manganese: 0.76mg (38.24%), Fiber: 9.18g (36.72%), Vitamin C: 28.51mg (34.55%), Selenium: 22.08µg (31.54%), Vitamin K: 32.18µg (30.64%), Phosphorus: 293.06mg (29.31%), Vitamin B6: 0.51mg (25.41%), Vitamin B3: 4.15mg (20.74%), Copper: 0.41mg (20.64%), Potassium: 694.28mg (19.84%), Folate: 78.65µg (19.66%), Magnesium: 73.27mg (18.32%), Vitamin B2: 0.29mg (17.32%), Vitamin B1: 0.25mg (16.69%), Zinc: 2.49mg (16.6%), Vitamin B5: 1.5mg (15.03%), Calcium: 88.36mg (8.84%), Vitamin B12: 0.39µg (6.42%), Vitamin E: 0.34mg (2.26%)