



Cavatappi with Chorizo and Black Beans

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup black beans drained and rinsed canned
- 0.5 pound pasta
- 1 cup chicken broth low-sodium homemade canned
- 0.8 teaspoon chili powder
- 3 tablespoons cooking oil
- 0.5 pound cured chorizo hard cut into thin slices
- 0.3 cup parsley fresh chopped
- 2 cloves garlic chopped

- 1 tablespoon juice of lime
- 1 onion sliced thin
- 0.5 teaspoon oregano dried
- 1 teaspoon salt
- 1 tablespoon tomato paste

Equipment

- frying pan
- pot
- aluminum foil

Directions

- In a large frying pan, heat the oil over moderately low heat.
- Add the onion and saut until it begins to soften, about 3 minutes. Stir in the garlic, oregano, and chili powder and cook, stirring, for 2 minutes.
- Add the chorizo, tomato paste, and broth to the pan and stir. Bring to a simmer and cook, stirring occasionally, until slightly thickened, about 3 minutes.
- Add the black beans, the lime juice, and the salt and remove the pan from the heat.
- In a large pot of boiling, salted water, cook the cavatappi until just done, about 13 minutes.
- Drain; toss with the sauce and parsley.
- Test-Kitchen Tips: For firm canned black beans rather than the usual mushy, overprocessed specimens, we prefer the Goya brand.: If you use tomato paste in small quantities, consider buying a tube of one of the imported Italian brands. The tube lasts a long time in the refrigerator, just like anchovy paste, so you won't have to open a whole can for one or two tablespoons.
- Wine Recommendation: A sparkling wine or crisp sauvignon blanc from California--or even a Mexican beer--is a good foil for this spicy dish.

Nutrition Facts



PROTEIN 15.89% FAT 42.66% CARBS 41.45%

Properties

Glycemic Index:52.25, Glycemic Load:18.04, Inflammation Score:-8, Nutrition Score:17.217826200568%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 534.71kcal (26.74%), Fat: 25.15g (38.7%), Saturated Fat: 6.17g (38.55%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 49.12g (17.86%), Sugar: 3.4g (3.78%), Cholesterol: 35.44mg (11.81%), Sodium: 810.2mg (35.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.17%), Vitamin K: 92.11µg (87.72%), Selenium: 37.05µg (52.93%), Manganese: 0.72mg (36.09%), Fiber: 5.86g (23.44%), Iron: 3.45mg (19.17%), Phosphorus: 189.81mg (18.98%), Vitamin A: 804.41IU (16.09%), Copper: 0.32mg (16.03%), Vitamin E: 2.31mg (15.42%), Vitamin C: 12.32mg (14.94%), Magnesium: 54.54mg (13.64%), Folate: 50.86µg (12.71%), Potassium: 439.01mg (12.54%), Vitamin B3: 2.33mg (11.65%), Vitamin B6: 0.19mg (9.33%), Vitamin B1: 0.14mg (9.06%), Zinc: 1.26mg (8.41%), Vitamin B2: 0.13mg (7.58%), Calcium: 52.81mg (5.28%), Vitamin B5: 0.4mg (4.02%)