



Cheesy Black Bean Mash

 Vegetarian  Gluten Free

READY IN



24 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- 30 oz black beans rinsed drained canned
- 1 garlic clove minced
- 1 jalapeno minced seeded
- 1 tablespoon olive oil
- 1 small onion chopped
- 0.5 teaspoon salt
- 4 oz mexican four-cheese blend shredded
- 0.3 cup vegetable broth

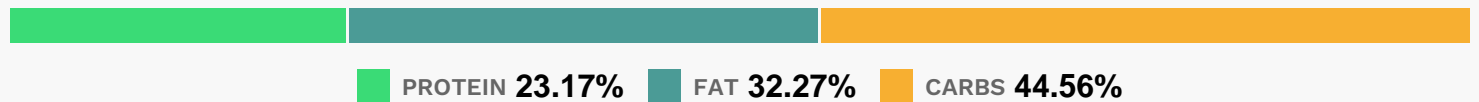
Equipment

- food processor
- frying pan

Directions

- Process beans and broth in a food processor 10 to 15 seconds or until smooth.
- Saut onion and jalapeo pepper in hot oil in a large skillet 4 to 5 minutes or until tender.
- Add garlic, and saut 1 minute.
- Add black bean puree and salt, stirring until blended. Cook, stirring frequently, 3 minutes or until bean mixture is thoroughly heated. Stir in cheese until melted.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:11.36173922601%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 223.86kcal (11.19%), Fat: 8.15g (12.54%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 15.28g (5.56%), Sugar: 0.91g (1.01%), Cholesterol: 17.95mg (5.98%), Sodium: 892.66mg (38.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Fiber: 10.05g (40.22%), Phosphorus: 240.62mg (24.06%), Folate: 91.78µg (22.95%), Manganese: 0.36mg (18.03%), Calcium: 178.17mg (17.82%), Iron: 2.86mg (15.88%), Copper: 0.28mg (14.21%), Vitamin B1: 0.21mg (14.01%), Magnesium: 55.98mg (14%), Vitamin B2: 0.24mg (13.85%), Potassium: 477.54mg (13.64%), Vitamin C: 7.61mg (9.23%), Zinc: 1.36mg (9.09%), Selenium: 4.82µg (6.88%), Vitamin B6: 0.12mg (5.97%), Vitamin B3: 0.95mg (4.74%), Vitamin B12: 0.23µg (3.87%), Vitamin A: 176.51IU (3.53%), Vitamin B5: 0.33mg (3.33%), Vitamin E: 0.47mg (3.13%), Vitamin K: 2.36µg (2.25%)