



Chipotle Black Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 cup bottled chipotle salsa (such as Jardine's)
- ☐ 2 teaspoons vegetable oil

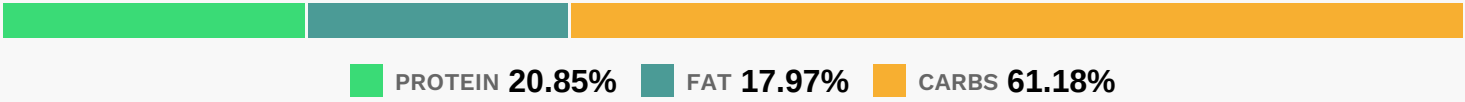
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add bell pepper and garlic; cook 5 minutes, stirring occasionally. Stir in salsa and beans; simmer 5 minutes.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:20.029130210047%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 256.94kcal (12.85%), Fat: 5.31g (8.16%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 24.54g (8.92%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 1031.85mg (44.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Vitamin C: 55.08mg (66.77%), Fiber: 16.11g (64.45%), Folate: 148.47µg (37.12%), Manganese: 0.63mg (31.29%), Vitamin A: 1358.06IU (27.16%), Phosphorus: 254.5mg (25.45%), Iron: 4.4mg (24.42%), Potassium: 831.44mg (23.76%), Vitamin B1: 0.34mg (22.36%), Copper: 0.45mg (22.28%), Magnesium: 84.62mg (21.15%), Vitamin B2: 0.3mg (17.72%), Vitamin B6: 0.32mg (16.02%), Vitamin K: 12.76µg (12.15%), Vitamin B3: 2.07mg (10.36%), Calcium: 91.82mg (9.18%), Vitamin E: 1.37mg (9.1%), Zinc: 1.34mg (8.95%), Vitamin B5: 0.6mg (5.95%), Selenium: 3.52µg (5.03%)