



## Creamed Kidney Beans

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

### Ingredients

- 1 teaspoon peppercorns black
- 1 tablespoon butter
- 45 oz kidney beans rinsed drained canned
- 1.5 teaspoons coriander seeds
- 0.8 teaspoon cumin seed
- 3 tablespoons cilantro leaves fresh minced
- 1 tablespoon ginger fresh minced
- 1.5 teaspoons garlic minced

- 0.5 cup half-and-half light ( cream)
- 0.5 cup milk
- 1 cup onion minced
- 8 servings salt
- 0.5 cup tomato paste

## Equipment

- bowl
- frying pan
- blender

## Directions

- In a 3- to 4-quart pan over medium heat, combine coriander seed, peppercorns, and cumin seed. Shake pan often until mixture is aromatic and seeds are slightly browner, about 6 minutes.
- In a blender or spice grinder, whirl or grind spice mixture to a fine powder.
- In a 3- to 4-quart pan over medium-high heat, melt butter.
- Add onion, chilies, ginger, and garlic; stir often until onion is lightly browned, 5 to 7 minutes.
- Add tomato paste and ground spices. Stir until spices are fragrant, 1 to 2 minutes.
- Add beans, 1 cup water, and milk. Bring to a boil, stirring often. Reduce heat, cover, and simmer until beans are hot and sauce coats spoon thickly, 6 to 8 minutes.
- Stir in half-and-half.
- Add salt to taste. If making up to 1 day ahead, cover and chill; to warm, stir in pan over medium heat until steaming.
- Pour into a bowl and garnish with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:12.063478257345%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

## Nutrients (% of daily need)

Calories: 220.72kcal (11.04%), Fat: 7.32g (11.26%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 20.96g (7.62%), Sugar: 6.57g (7.3%), Cholesterol: 18.41mg (6.14%), Sodium: 760.4mg (33.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.57%), Fiber: 9.81g (39.25%), Manganese: 0.64mg (31.81%), Phosphorus: 217.91mg (21.79%), Potassium: 670.08mg (19.15%), Copper: 0.32mg (16%), Magnesium: 63.07mg (15.77%), Iron: 2.79mg (15.48%), Vitamin B1: 0.2mg (13.63%), Folate: 48.16µg (12.04%), Vitamin B2: 0.18mg (10.68%), Vitamin B6: 0.21mg (10.58%), Vitamin A: 504.3IU (10.09%), Vitamin K: 10.32µg (9.83%), Calcium: 94.55mg (9.45%), Zinc: 1.27mg (8.46%), Vitamin C: 6.79mg (8.23%), Vitamin B3: 1.37mg (6.86%), Vitamin E: 0.95mg (6.35%), Selenium: 3.31µg (4.73%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.26µg (1.72%)