



## Crispy Fried Kellogg's® Crispix® Ham with Black Bean Puree and Pickled Jalapenos

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 0.5 pound canadian bacon sliced cut into quarters
- 15 ounce black beans drained and rinsed canned
- 0.5 cup cooking oil
- 1 cup chicken stock see
- 1 tablespoon coriander seeds
- 1 eggs beaten

- 0.5 cup flour all-purpose
- 1 clove garlic minced
- 1 tablespoon ground cumin
- 4 jalapeno sliced
- 2 tablespoons kosher salt
- 0.5 onion minced
- 0.5 cup red wine vinegar
- 6 servings salt
- 1 pinch sugar
- 1 cup vinegar white
- 1 cup frangelico crushed
- 1 cup frangelico crushed

## Equipment

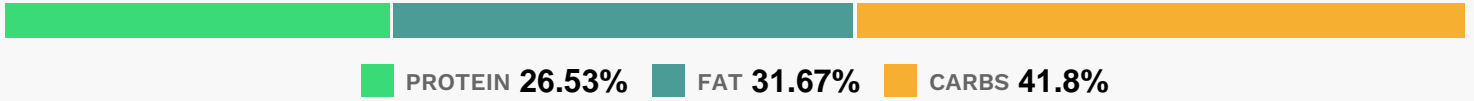
- frying pan
- paper towels
- pot
- blender

## Directions

- Combine the vinegars, coriander, bay leaf, salt and sugar in a saucepot and bring to a boil.
- Remove from the heat and add the jalapenos. Set aside and cool. (The jalapenos will hold in the refrigerator for up to 2 weeks.)
- Combine the black beans, onions, garlic, chicken stock and cumin in a saucepot over medium-high heat and simmer, 10 to 15 minutes.
- While the beans are cooking, move onto the Canadian bacon. First dip the Canadian bacon into the flour and shake off any excess. Dip into the egg and follow with the Crispix cereal. In a saute pan, heat the oil over medium-high heat. Working in batches, pan fry the Canadian bacon until golden brown and crispy.
- Drain on a paper towel and season with salt.

- Once the beans are done cooking, puree until smooth in a blender.
- To serve, put a spoonful of the bean puree on a plate, follow with fried Canadian bacon and top with the pickled jalapenos.

## Nutrition Facts



### Properties

Glycemic Index:48.18, Glycemic Load:6.24, Inflammation Score:-5, Nutrition Score:13.698695628539%

### Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

### Nutrients (% of daily need)

Calories: 245.13kcal (12.26%), Fat: 8.27g (12.73%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 18.51g (6.73%), Sugar: 1.67g (1.86%), Cholesterol: 47.38mg (15.79%), Sodium: 3206.11mg (139.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Vitamin B1: 0.5mg (33.27%), Selenium: 17.68µg (25.26%), Fiber: 6.06g (24.23%), Phosphorus: 222.53mg (22.25%), Vitamin B3: 4.24mg (21.22%), Folate: 73.66µg (18.42%), Manganese: 0.37mg (18.29%), Iron: 3.28mg (18.23%), Vitamin C: 14.26mg (17.28%), Vitamin B2: 0.28mg (16.73%), Vitamin B6: 0.29mg (14.44%), Potassium: 487.79mg (13.94%), Magnesium: 46.16mg (11.54%), Copper: 0.23mg (11.38%), Zinc: 1.27mg (8.47%), Vitamin D: 1.21µg (8.03%), Vitamin E: 1.2mg (7.98%), Calcium: 59.5mg (5.95%), Vitamin B12: 0.32µg (5.31%), Vitamin B5: 0.53mg (5.29%), Vitamin K: 4.62µg (4.4%), Vitamin A: 158.21IU (3.16%)