

Cuban Beans



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pepper black freshly ground
- ☐ 6 garlic cloves diced
- ☐ 2 bell peppers diced green
- ☐ 2 tablespoons ground cumin
- ☐ 2 ham hocks
- ☐ 2 tablespoons kosher salt
- ☐ 3 tablespoons oil
- ☐ 2 tablespoons oregano dried

- ☐ 2 tablespoons paprika
- ☐ 2 cups beans dried red
- ☐ 6 cups water
- ☐ 2 onions diced white

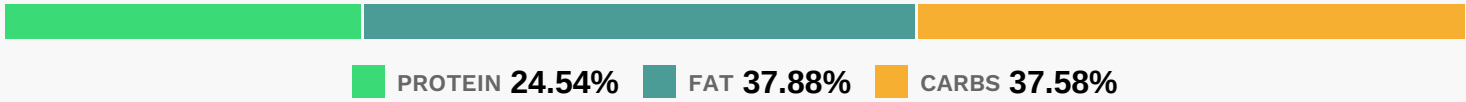
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large pot add water, beans and ham hocks. Boil for 45 minutes until tender.
- ☐ In a medium saucepan add oil, onions, garlic, peppers, cumin, paprika, oregano, pepper and saute until translucent, do not brown.
- ☐ When bean mixture has reduced by 1/2, add the onion saute mixture and the salt. Continue to reduce until water is level with bean mixture. Hold warm for service.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:8.99, Inflammation Score:-9, Nutrition Score:19.004782521206%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Pelargonidin: 2.22mg, Pelargonidin: 2.22mg, Pelargonidin: 2.22mg, Pelargonidin: 2.22mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 378.77kcal (18.94%), Fat: 16.26g (25.02%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 26.62g (9.68%), Sugar: 3.14g (3.49%), Cholesterol: 46.33mg (15.44%), Sodium: 1871.45mg (81.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.41%), Folate: 193.73µg (48.43%), Manganese: 0.96mg (47.82%), Fiber: 9.69g (38.77%), Vitamin C: 28.89mg (35.01%), Iron: 5.95mg (33.05%), Potassium: 985.11mg

(28.15%), Vitamin B1: 0.33mg (22.19%), Phosphorus: 221.33mg (22.13%), Copper: 0.44mg (22.09%), Magnesium: 86.13mg (21.53%), Vitamin A: 1021.29IU (20.43%), Vitamin K: 20.38µg (19.41%), Vitamin B6: 0.37mg (18.58%), Vitamin E: 1.94mg (12.91%), Calcium: 111.04mg (11.1%), Zinc: 1.62mg (10.78%), Vitamin B2: 0.15mg (8.99%), Vitamin B3: 1.48mg (7.4%), Vitamin B5: 0.51mg (5.12%), Selenium: 2.25µg (3.22%)