



HEALTH SCORE

64%

Cuban Black Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



175 min.

SERVINGS



12

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small bay leaves
- ☐ 1 cup cubanelle chile peppers seeded chopped
- ☐ 12 servings rice hot cooked
- ☐ 2 teaspoons cumin seeds
- ☐ 2 pounds black beans dried
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 12 servings olive oil extra virgin
- ☐ 3 garlic cloves pressed

- ☐ 2 large onions chopped
- ☐ 2 teaspoons oregano dried whole
- ☐ 3.5 teaspoons salt
- ☐ 12 servings cooking sherry
- ☐ 14 cups water

Equipment

- ☐ frying pan
- ☐ mortar and pestle
- ☐ dutch oven
- ☐ meat tenderizer

Directions

- ☐ Rinse and sort beans according to package directions.
- ☐ Place beans in a large Dutch oven; cover with cold water, and let soak at least 8 hours.
- ☐ Drain beans, and return to Dutch oven.
- ☐ Add 14 cups water, bay leaf, and garlic; bring to a boil over medium-high heat. Cover, reduce heat to medium-low, and simmer, stirring occasionally, 2 hours or until beans are tender.
- ☐ Process oregano, cumin seeds, and salt in an electric spice grinder until ground and blended.
- ☐ Saut chiles in 2 tablespoons hot oil over medium-high heat in a large skillet 5 minutes; add onions, and saut 5 minutes or until tender. Stir onion mixture and oregano mixture into beans in Dutch oven, and simmer, stirring occasionally, 30 minutes.
- ☐ Remove and discard bay leaf. Cover and let stand 5 minutes. (For a thicker consistency, remove 1 cup bean mixture, and mash with a fork; return to pan.)
- ☐ Serve over rice, drizzling with oil and vinegar.
- ☐ *1 large green bell pepper may be substituted.
- ☐ Note: If you don't have an electric spice grinder, use a mortar and pestle, or place spices in a zip-top plastic freezer bag, seal, and pound with the flat side of a meat mallet.

Nutrition Facts



 PROTEIN 14.4%  FAT 30.2%  CARBS 55.4%

Properties

Glycemic Index:18.42, Glycemic Load:24.92, Inflammation Score:-9, Nutrition Score:25.163912856061%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 524.13kcal (26.21%), Fat: 17.8g (27.39%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 73.49g (24.5%), Net Carbohydrates: 60.64g (22.05%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 700.26mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.21%), Folate: 346.53µg (86.63%), Manganese: 1.28mg (63.78%), Fiber: 12.84g (51.37%), Vitamin B1: 0.72mg (48.06%), Copper: 0.77mg (38.43%), Magnesium: 149.43mg (37.36%), Potassium: 1241.04mg (35.46%), Phosphorus: 316.43mg (31.64%), Iron: 4.62mg (25.65%), Vitamin C: 20.11mg (24.38%), Zinc: 3.29mg (21.91%), Vitamin B6: 0.4mg (19.87%), Vitamin E: 2.71mg (18.04%), Vitamin K: 18.02µg (17.16%), Calcium: 127.47mg (12.75%), Selenium: 8.67µg (12.39%), Vitamin B5: 1.05mg (10.51%), Vitamin B2: 0.18mg (10.44%), Vitamin B3: 2.01mg (10.07%), Vitamin A: 143.35IU (2.87%)