



Cuban Black Beans I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



830 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 2 bay leaves
- 1 pound black beans washed
- 3 cloves garlic minced
- 1 bell pepper green chopped
- 2 chile peppers green hot minced
- 1.5 teaspoons ground cumin
- 6 servings ground pepper black to taste

- 1 onion chopped
- 1 tablespoon oregano dried
- 1.5 teaspoons paprika
- 1 bell pepper red chopped
- 6 servings salt to taste

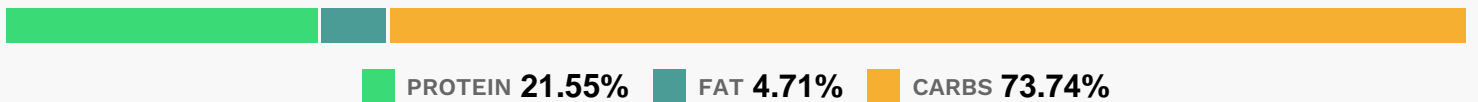
Equipment

- bowl
- pot

Directions

- In a large bowl, soak beans in water to cover overnight.
- Rinse beans, and transfer to a large stock pot.
- Add onion, bell peppers, bay leaves, paprika, cumin, oregano, and chile peppers, along with water to cover. Bring to a boil, reduce heat, and simmer for 1 1/2 hours.
- Test beans for tenderness, and when tender add garlic and balsamic vinegar. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:13.016086904899%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 137.73kcal (6.89%), Fat: 0.74g (1.15%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 17.43g (6.34%), Sugar: 4.29g (4.76%), Cholesterol: 0mg (0%), Sodium: 250.73mg (10.9%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Vitamin C: 45.03mg (54.59%), Fiber: 8.78g (35.14%), Folate: 129.62µg (32.41%), Manganese: 0.53mg (26.34%), Vitamin A: 968.81IU (19.38%), Magnesium: 65.95mg (16.49%), Vitamin B1: 0.22mg (14.95%), Iron: 2.65mg (14.73%), Phosphorus: 130.09mg (13.01%), Potassium: 422mg (12.06%), Vitamin B6: 0.22mg (10.87%), Copper: 0.2mg (10.18%), Vitamin K: 8.31µg (7.92%), Zinc: 1.05mg (7%), Calcium: 53.53mg (5.35%), Vitamin B2: 0.09mg (5.07%), Vitamin E: 0.71mg (4.71%), Vitamin B3: 0.82mg (4.08%), Vitamin B5: 0.32mg (3.19%), Selenium: 1.33µg (1.9%)