



Cuban Black Beans II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



585 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1 pound black beans washed
- ☐ 1 teaspoon pepper black
- ☐ 6 cloves garlic minced peeled
- ☐ 1 medium bell pepper green chopped
- ☐ 0.3 cup olive oil
- ☐ 1 large onion chopped
- ☐ 2 teaspoons salt
- ☐ 6 ounce tomato paste canned

- ☐ 1 tablespoon vinegar
- ☐ 5 cups water
- ☐ 1 teaspoon sugar white

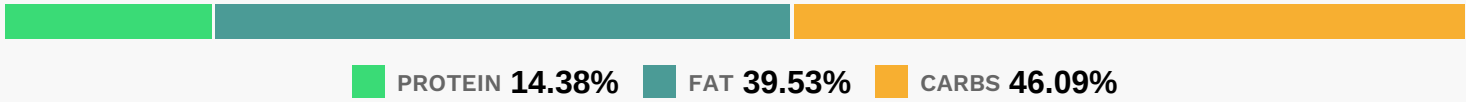
Equipment

- ☐ sauce pan

Directions

- ☐ Place beans in a large saucepan with enough water to cover, and soak 8 hours, or overnight; drain.
- ☐ Heat oil in a medium saucepan over medium heat, and saute onion, green bell pepper, and garlic until tender.
- ☐ Into the onion mixture, stir the drained beans, water, tomato paste, pimentos, and vinegar. Season with salt, sugar, and pepper. Bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours, stirring occasionally, until beans are tender.

Nutrition Facts



Properties

Glycemic Index:35.89, Glycemic Load:4.01, Inflammation Score:-5, Nutrition Score:8.4808695316315%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 158.06kcal (7.9%), Fat: 7.18g (11.05%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 12.82g (4.66%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 619.21mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.75%), Fiber: 6.02g (24.08%), Folate: 92.41µg (23.1%), Manganese: 0.41mg (20.26%), Vitamin C: 16.01mg (19.4%), Magnesium: 49.81mg (12.45%), Vitamin B1: 0.18mg (11.74%), Copper: 0.21mg (10.44%), Phosphorus: 98.51mg (9.85%), Potassium: 329.57mg (9.42%), Iron: 1.66mg

(9.24%), Vitamin E: 1.3mg (8.67%), Vitamin B6: 0.16mg (7.77%), Vitamin K: 6.81µg (6.49%), Zinc: 0.79mg (5.26%), Calcium: 38.51mg (3.85%), Vitamin B2: 0.06mg (3.34%), Vitamin B3: 0.66mg (3.29%), Vitamin B5: 0.25mg (2.51%), Vitamin A: 106.1IU (2.12%), Selenium: 1.25µg (1.78%)