



Cumin-Scented Black Beans With Cilantro



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans undrained canned
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion red chopped

☐ 1 cup tomatoes chopped

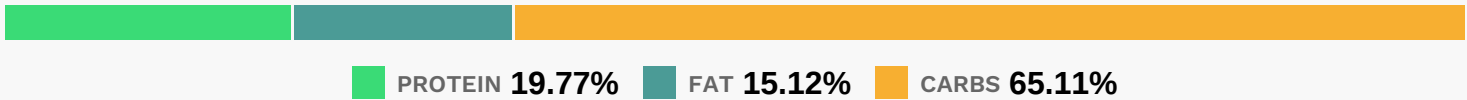
Equipment

☐ pot

Directions

- ☐ Heat canola or olive oil in a large saucepot over medium heat.
- ☐ Add red onion, tomato, bell pepper, garlic, and cumin. Cook 4 minutes, stirring constantly, until tender.
- ☐ Add beans, reduce heat to medium-low, and cook 10 minutes.
- ☐ Add cilantro and juice, and serve.
- ☐ Garnish with sour cream and chili flakes, if desired.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:11.848695464756%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg

Nutrients (% of daily need)

Calories: 147.99kcal (7.4%), Fat: 2.6g (4%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 16.09g (5.85%), Sugar: 3.44g (3.83%), Cholesterol: 0mg (0%), Sodium: 414.2mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin C: 35.3mg (42.78%), Fiber: 9.06g (36.26%), Manganese: 0.42mg (21.13%), Folate: 81.92µg (20.48%), Potassium: 547.58mg (15.65%), Iron: 2.69mg (14.94%), Phosphorus: 146.74mg (14.67%), Vitamin B1: 0.2mg (13.65%), Copper: 0.27mg (13.61%), Magnesium: 50.87mg (12.72%), Vitamin B6: 0.22mg (11.13%), Vitamin A: 494.55IU (9.89%), Vitamin B2: 0.16mg (9.34%), Vitamin K: 9.55µg

(9.09%), Calcium: 61.51mg (6.15%), Vitamin B3: 1.11mg (5.55%), Zinc: 0.79mg (5.27%), Vitamin E: 0.65mg (4.34%),
Vitamin B5: 0.32mg (3.25%), Selenium: 1.83µg (2.62%)