



Double Beans and Sausage

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- 0.5 lb chorizo sausage cut
- 0.5 cup onion chopped
- 15 oz pinto beans rinsed drained canned
- 15 oz black beans rinsed drained canned
- 8 oz tomato sauce canned
- 9 oz from 1 bottle old el mild taco sauce
- 2 tablespoons blackstrap molasses
- 1 teaspoon chili powder

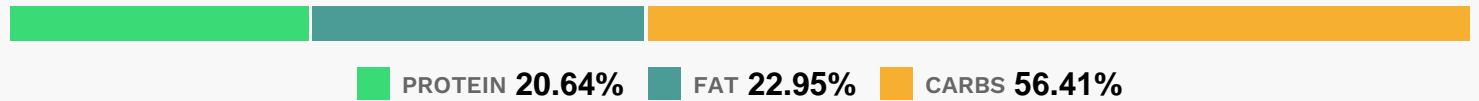
Equipment

sauce pan

Directions

- In 3-quart saucepan, cook sausage over medium heat 4 to 5 minutes, stirring occasionally, until no longer pink; drain.
- Add onion; cook and stir 2 minutes.
- Stir in remaining ingredients; heat to boiling. Reduce heat; partially cover. Simmer 15 minutes to blend flavors.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:4.87, Inflammation Score:-5, Nutrition Score:8.7952173792798%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 167.51kcal (8.38%), Fat: 4.33g (6.67%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 17.17g (6.24%), Sugar: 5.73g (6.36%), Cholesterol: 20mg (6.67%), Sodium: 488.16mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Fiber: 6.8g (27.18%), Manganese: 0.45mg (22.44%), Iron: 2.82mg (15.66%), Magnesium: 62.16mg (15.54%), Potassium: 514.85mg (14.71%), Copper: 0.25mg (12.58%), Folate: 49.7µg (12.43%), Phosphorus: 122.35mg (12.24%), Vitamin C: 9.68mg (11.73%), Vitamin B1: 0.12mg (7.74%), Calcium: 73.98mg (7.4%), Vitamin B6: 0.15mg (7.35%), Vitamin A: 342.06IU (6.84%), Vitamin B2: 0.1mg (5.64%), Vitamin E: 0.81mg (5.39%), Zinc: 0.75mg (5.02%), Vitamin B3: 0.9mg (4.52%), Vitamin B5: 0.31mg (3.12%), Selenium: 1.85µg (2.65%), Vitamin K: 2.21µg (2.11%)