



WHATSheATE



Double Beans and Sausage



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb chorizo sausage cut
- ☐ 15 oz black beans rinsed drained canned
- ☐ 15 oz pinto beans rinsed drained canned
- ☐ 8 oz tomato sauce canned
- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup sauce
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.5 cup onion chopped

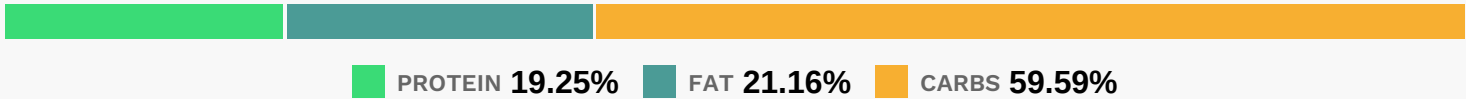
Equipment

☐ 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:8.4878260882004%

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: 181.72kcal (9.09%), Fat: 4.32g (6.64%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 20.56g (7.48%), Sugar: 9.14g (10.16%), Cholesterol: 20mg (6.67%), Sodium: 665.02mg (28.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Fiber: 6.8g (27.18%), Manganese: 0.42mg (20.84%), Iron: 2.67mg (14.85%), Potassium: 487.1mg (13.92%), Magnesium: 53.87mg (13.47%), Copper: 0.25mg (12.58%), Folate: 49.7µg (12.43%), Phosphorus: 119.17mg (11.92%), Vitamin C: 9.68mg (11.73%), Vitamin B1: 0.12mg (7.74%), Vitamin B6: 0.15mg (7.35%), Vitamin A: 342.06IU (6.84%), Calcium: 66.65mg (6.66%), Vitamin B2: 0.1mg (5.64%), Vitamin E: 0.81mg (5.39%), Zinc: 0.69mg (4.6%), Vitamin B3: 0.84mg (4.2%), Vitamin B5: 0.31mg (3.12%), Selenium: 1.85µg (2.65%), Vitamin K: 2.21µg (2.11%)