



Easy Mexican Black Bean Casserole

 Vegetarian  Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounces black beans dried rinsed drained
- ☐ 6 ounces monterey jack shredded
- ☐ 16 oz salsa for serving, optional
- ☐ 6 servings salt
- ☐ 6 servings tortilla chips for serving, optional

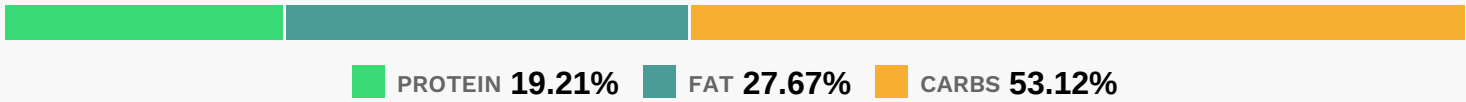
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Stir together beans, 4 cups water and salsa, if using, in slow cooker. Cover and cook on high until liquid is absorbed and beans are soft, 4 to 6 hours.
- ☐ Season with salt.
- ☐ Sprinkle cheese over beans, cover and continue to cook until cheese is melted, 5 to 10 minutes. Spoon into bowls, top with additional salsa and serve with tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:27.320869533912%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg

Nutrients (% of daily need)

Calories: 527.54kcal (26.38%), Fat: 16.65g (25.62%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 71.91g (23.97%), Net Carbohydrates: 57.32g (20.85%), Sugar: 4.8g (5.33%), Cholesterol: 28.35mg (9.45%), Sodium: 970.74mg (42.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.02%), Folate: 348µg (87%), Fiber: 14.59g (58.36%), Vitamin B1: 0.75mg (50.28%), Phosphorus: 483.14mg (48.31%), Manganese: 0.89mg (44.51%), Magnesium: 171.79mg (42.95%), Potassium: 1389mg (39.69%), Copper: 0.72mg (36.08%), Calcium: 344.39mg (34.44%), Zinc: 4.34mg (28.92%), Iron: 4.59mg (25.47%), Vitamin B6: 0.42mg (20.95%), Vitamin B2: 0.31mg (18.51%), Selenium: 12.35µg (17.65%), Vitamin E: 2.28mg (15.21%), Vitamin K: 13.94µg (13.28%), Vitamin A: 660.63IU (13.21%), Vitamin B3: 2.57mg (12.87%), Vitamin B5: 1.28mg (12.81%), Vitamin B12: 0.3µg (5.01%), Vitamin C: 1.44mg (1.74%), Vitamin D: 0.17µg (1.13%)