



 **15%**  
HEALTH SCORE

## Emilia's Cuban Black Beans

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

READY IN



**255 min.**

SERVINGS



**10**

CALORIES



**225 kcal**

SIDE DISH

### Ingredients

- 2 achiote seeds (annatto)
- 0.3 pound bacon chopped
- 2 bay leaves
- 1 pound black beans dried picked over rinsed
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup parsley fresh chopped
- 0.3 teaspoon garlic minced to taste
- 1 tablespoon ground cumin

- 1 tablespoon pepper black
- 1 juice of lime juiced
- 10 servings kosher salt to taste
- 2 tablespoons oregano fresh chopped
- 0.5 cup pimiento stuffed olives green spanish sliced
- 1 onion diced yellow

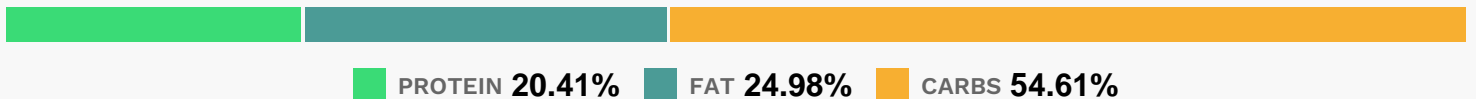
## Equipment

- pot

## Directions

- In a large pot over medium heat, cook and stir the bacon with the annatto seeds until the bacon pieces are browned, crisp, and colored from the seeds. Stir in onion, garlic, 1/2 cup parsley, and 1/4 cup cilantro; cook and stir the vegetables in the bacon drippings until the onion is translucent, about 5 minutes.
- Add the beans, oregano, cumin, kosher salt, pepper, lime juice, and bay leaves.
- Pour in enough water to cover the beans by about 4 inches, and bring to a boil over medium heat.
- Cover the pot and simmer the beans and seasonings until tender, about 3 hours, adding water if necessary to prevent burning. Stir in the olives and 1/4 cup cilantro, and simmer for 30 more minutes, uncovered, to reduce excess soupiness if desired.
- Sprinkle with 1 teaspoon or more of fresh parsley, and serve.

## Nutrition Facts



## Properties

Glycemic Index:16.3, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:16.770869700805%

## Flavonoids

Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin:

4.81mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

## Nutrients (% of daily need)

Calories: 224.65kcal (11.23%), Fat: 6.41g (9.87%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 23.34g (8.49%), Sugar: 1.6g (1.78%), Cholesterol: 7.48mg (2.49%), Sodium: 380.19mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.59%), Vitamin K: 60.37µg (57.49%), Folate: 211.37µg (52.84%), Fiber: 8.21g (32.84%), Manganese: 0.65mg (32.65%), Vitamin B1: 0.46mg (30.4%), Magnesium: 88.58mg (22.15%), Potassium: 767.99mg (21.94%), Copper: 0.42mg (21.24%), Iron: 3.41mg (18.95%), Phosphorus: 187.37mg (18.74%), Zinc: 1.91mg (12.75%), Vitamin B6: 0.2mg (9.78%), Calcium: 91.86mg (9.19%), Vitamin B3: 1.5mg (7.51%), Vitamin C: 5.91mg (7.17%), Vitamin A: 349.02IU (6.98%), Vitamin B2: 0.11mg (6.63%), Selenium: 3.97µg (5.68%), Vitamin B5: 0.52mg (5.22%), Vitamin E: 0.65mg (4.34%)