



Feijoada



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 pounds black beans dried
- ☐ 4 large garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon hot sauce
- ☐ 4 cups onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup red wine vinegar

- ☐ 1 teaspoon salt
- ☐ 0.8 pound turkey polish kielbasa cut into 1/2-inch cubes
- ☐ 1 tablespoon vegetable oil
- ☐ 6 cups water

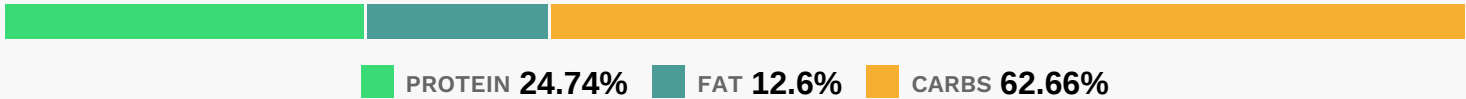
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans, and bring to a boil; cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans; set aside. Wipe pan with a paper towel.
- ☐ Heat oil in pan over medium heat.
- ☐ Add onion, kielbasa, and garlic; saut 10 minutes or until onion is tender.
- ☐ Add cumin, and saut 1 minute. Return beans to pan.
- ☐ Add water and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 1 hour and 10 minutes or until beans are tender; remove bay leaf. Stir in vinegar and hot sauce.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:18.886086681615%

Flavonoids

Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg Delphinidin: 11.19mg, Delphinidin: 11.19mg, Delphinidin: 11.19mg, Delphinidin: 11.19mg Malvidin: 6.42mg, Malvidin: 6.42mg, Malvidin: 6.42mg, Malvidin: 6.42mg

6.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 270.97kcal (13.55%), Fat: 3.86g (5.94%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 32.83g (11.94%), Sugar: 3.83g (4.26%), Cholesterol: 12.02mg (4.01%), Sodium: 440.5mg (19.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Folate: 278.52µg (69.63%), Fiber: 10.36g (41.44%), Vitamin B1: 0.58mg (38.89%), Manganese: 0.73mg (36.37%), Iron: 5.54mg (30.76%), Potassium: 1015.66mg (29.02%), Magnesium: 115.87mg (28.97%), Copper: 0.57mg (28.59%), Phosphorus: 270.48mg (27.05%), Zinc: 2.8mg (18.65%), Vitamin B6: 0.32mg (16.1%), Vitamin C: 10.46mg (12.68%), Selenium: 7.31µg (10.45%), Vitamin B3: 2.08mg (10.42%), Vitamin B2: 0.17mg (9.97%), Calcium: 96.52mg (9.65%), Vitamin B5: 0.6mg (6.02%), Vitamin K: 5.49µg (5.23%), Vitamin B12: 0.1µg (1.63%), Vitamin E: 0.24mg (1.6%)