



Feijoada (Brazilian Black Bean Stew)

 Gluten Free  Dairy Free  Popular

READY IN



660 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound thickly bacon diced sliced
- 2 bay leaves crushed
- 8 ounces ham diced
- 1 clove garlic chopped
- 0.5 cup green onions chopped
- 0.1 teaspoon ground coriander
- 1 tablespoon olive oil
- 1.5 cups onion divided chopped

- 8 servings salt and pepper to taste
- 2 ham hocks smoked

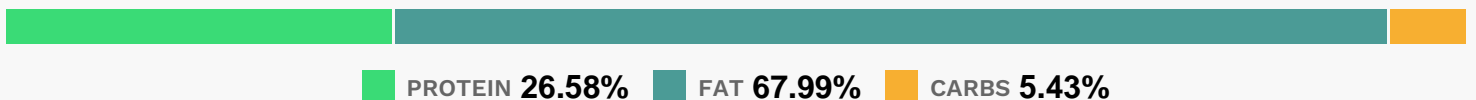
Equipment

- oven
- pot
- baking pan
- dutch oven

Directions

- Heat the oil in a large pot or Dutch oven.
- Add 3/4 cup of chopped onion, green onions, and garlic; cook and stir until softened, about 4 minutes.
- Pour in the soaked beans and fill with enough water to cover beans by 3 inches. Bring to a boil, then reduce heat to medium-low, and simmer uncovered for 2 hours, or until tender.
- While beans are cooking, place ham hocks in smaller pot with 1/4 cup of the chopped onion. Cover with water and simmer, until meat pulls off of the bone easily, about 1 hour.
- Drain and add to the beans.
- Preheat oven to 375 degrees F (190 degrees C).
- Place ham, bacon, and remaining onion in a baking dish.
- Bake 15 minutes or until mixture is crispy.
- Drain the bacon and ham mixture, and add to the beans. Season with bay leaves, coriander, salt and pepper. Simmer uncovered 30 minutes more. Stir in chopped cilantro and parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.75, Inflammation Score:-2, Nutrition Score:4.0330434985783%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 318.19kcal (15.91%), Fat: 23.84g (36.68%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.59g (1.3%), Sugar: 1.93g (2.14%), Cholesterol: 80.22mg (26.74%), Sodium: 859.59mg (37.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.94%), Vitamin K: 14.12µg (13.45%), Selenium: 5.95µg (8.5%), Potassium: 275.25mg (7.86%), Iron: 1.18mg (6.53%), Vitamin B1: 0.1mg (6.42%), Vitamin B3: 1.21mg (6.06%), Vitamin B6: 0.12mg (6.02%), Phosphorus: 52.57mg (5.26%), Vitamin C: 3.53mg (4.28%), Manganese: 0.06mg (3.06%), Fiber: 0.7g (2.8%), Zinc: 0.42mg (2.78%), Vitamin E: 0.41mg (2.76%), Folate: 9.76µg (2.44%), Vitamin B12: 0.14µg (2.36%), Calcium: 22.56mg (2.26%), Vitamin B2: 0.04mg (2.16%), Vitamin B5: 0.2mg (2.01%), Magnesium: 7.88mg (1.97%), Copper: 0.03mg (1.52%), Vitamin A: 74.98IU (1.5%)