



Frijoles Rojos Colombianos (Colombian-Style Red Beans)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon achiote powder
- ☐ 2 large carrots diced peeled
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 5 garlic cloves crushed
- ☐ 1 bell pepper diced green
- ☐ 1 teaspoon ground cumin
- ☐ 1 bell pepper diced red

- ☐ 8 servings salt and pepper to taste
- ☐ 3 scallions diced
- ☐ 1 cup tomatoes diced peeled
- ☐ 4 cups vegetable broth
- ☐ 4 cups water
- ☐ 1 onion diced yellow

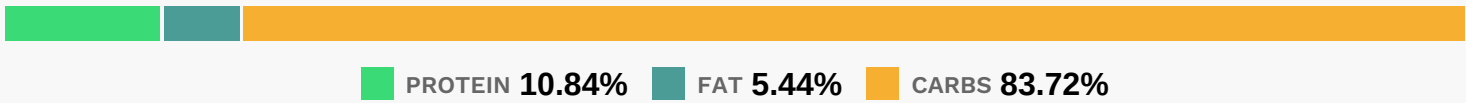
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Place the onions, scallions, garlic, red pepper, green pepper and tomatoes in the food processor. Process for a couple minutes. Set aside.In a large pot over medium heat, add the beans, water, broth, carrots and processed vegetables and carrots. Slightly cover and simmer for 1 1/2 hours.
- ☐ Add the achiote powder, ground cumin, salt and pepper. Cook for another 5 minutes, stirring occasionally.Simmer for 30 to 40 minutes more or until the beans are tender. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.48, Glycemic Load:2.01, Inflammation Score:-10, Nutrition Score:9.1373915102171%

Flavonoids

Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 35.98kcal (1.8%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 6.58g (2.39%), Sugar: 4.26g (4.74%), Cholesterol: 0mg (0%), Sodium: 728.3mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin A: 3895.45IU (77.91%), Vitamin C: 37.45mg (45.4%), Vitamin K: 16.04µg (15.28%), Vitamin B6: 0.18mg (8.95%), Manganese: 0.15mg (7.54%), Fiber: 1.8g (7.2%), Potassium: 218.55mg (6.24%), Folate: 20.03µg (5.01%), Vitamin E: 0.66mg (4.42%), Iron: 0.76mg (4.24%), Copper: 0.08mg (3.91%), Vitamin B1: 0.06mg (3.76%), Magnesium: 13.71mg (3.43%), Calcium: 33.9mg (3.39%), Vitamin B3: 0.68mg (3.39%), Vitamin B2: 0.05mg (3.22%), Phosphorus: 28.85mg (2.89%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.23mg (1.54%)