



Honey-Rum Black Beans

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

READY IN



210 min.

SERVINGS



6

CALORIES



525 kcal

BEVERAGE

DRINK

Ingredients

- 1 large carrots diced
- 3 cups chicken broth low-sodium homemade canned
- 0.5 pound chorizo sausage diced
- 1 pound black beans cooked drained well
- 3 tablespoons brown sugar dark
- 1 cup rum dark
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic finely chopped

- 0.1 cup honey to taste
- 0.1 cup blackstrap molasses to taste
- 1 large onion diced spanish finely
- 6 servings salt and pepper freshly ground

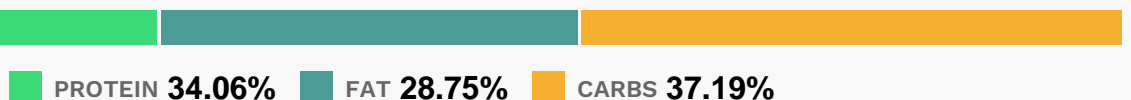
Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- slotted spoon

Directions

- Preheat oven to 325 degrees F.
- Cook sausage in a medium saute pan until golden brown and fat has rendered.
- Remove the sausage with a slotted spoon to a plate lined with paper towels.
- Add the onion and carrot to the pan and cook until soft.
- Add the garlic and cook for 1 minute.
- Place the beans in a large bowl, stir in the cooked onion mixture, rum, honey, molasses, sugar, and cooked chorizo. Season with salt and pepper, to taste.
- Transfer the mixture to a casserole or baking dish and pour 3 cups of the stock over.
- Bake the beans, covered, for 20 minutes. Check to see if the mixture is dry and add more stock, if needed. Continue baking an additional 20 minutes. Uncover and bake for 15 minutes, remove from the oven, and fold in the cilantro, if using.
- Let sit for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:9.83, Inflammation Score:-9, Nutrition Score:17.565217399079%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 525.45kcal (26.27%), Fat: 13.74g (21.13%), Saturated Fat: 5.48g (34.22%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 32.56g (11.84%), Sugar: 18.52g (20.57%), Cholesterol: 77.92mg (25.97%), Sodium: 703.86mg (30.6%), Alcohol: 13.36g (100%), Alcohol %: 5.36% (100%), Protein: 36.62g (73.23%), Vitamin A: 2426.82IU (48.54%), Selenium: 21.57µg (30.82%), Folate: 122.4µg (30.6%), Fiber: 7.41g (29.65%), Phosphorus: 281.79mg (28.18%), Manganese: 0.55mg (27.3%), Zinc: 3.56mg (23.74%), Magnesium: 94.68mg (23.67%), Iron: 3.89mg (21.6%), Vitamin B6: 0.37mg (18.54%), Potassium: 626.59mg (17.9%), Vitamin B12: 1.02µg (17.08%), Vitamin B3: 3.1mg (15.48%), Vitamin B1: 0.21mg (14.24%), Copper: 0.28mg (14%), Vitamin C: 10.25mg (12.43%), Vitamin B2: 0.17mg (9.91%), Calcium: 76.08mg (7.61%), Vitamin K: 6.14µg (5.85%), Vitamin B5: 0.33mg (3.31%), Vitamin E: 0.43mg (2.87%)