



Jalapeno Spiced Black Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 19 ounce black beans drained and rinsed canned ()
- ☐ 1 tablespoon corn oil
- ☐ 1 teaspoon cumin toasted (and ground, optional)
- ☐ 1 clove garlic chopped (, optional)
- ☐ 1 jalapeño diced ()
- ☐ 1 small onion chopped (, optional)
- ☐ 0.5 cup water

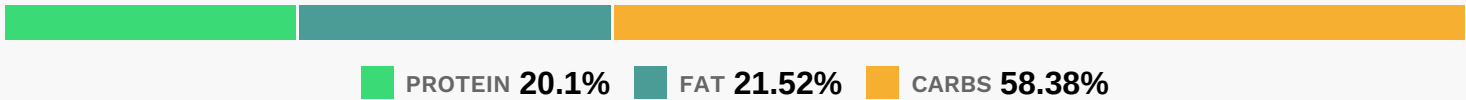
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 3–5 minutes.
- ☐ Add the garlic, jalapeno and cumin and saute until fragrant, about 1 minute.
- ☐ Add the beans and water and bring to a boil.
- ☐ Reduce the heat and simmer until most of the liquid has evaporated.
- ☐ Mash some of the beans with a fork if desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:9.6104348535123%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 164.49kcal (8.22%), Fat: 4.04g (6.21%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 14.88g (5.41%), Sugar: 0.9g (1.01%), Cholesterol: 0mg (0%), Sodium: 520.35mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Fiber: 9.76g (39.02%), Folate: 86.49µg (21.62%), Manganese: 0.37mg (18.45%), Iron: 2.95mg (16.38%), Phosphorus: 155.06mg (15.51%), Copper: 0.28mg (13.91%), Vitamin B1: 0.2mg (13.51%), Potassium: 460.93mg (13.17%), Magnesium: 51.72mg (12.93%), Vitamin C: 9.35mg (11.34%), Vitamin B2: 0.17mg (10.07%), Vitamin B6: 0.12mg (6.06%), Calcium: 58.48mg (5.85%), Zinc: 0.8mg (5.32%), Vitamin B3: 0.93mg (4.64%), Vitamin E: 0.67mg (4.44%), Vitamin B5: 0.28mg (2.85%), Selenium: 1.98µg (2.84%), Vitamin K: 2.23µg (2.13%)