



Mexican Black Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- 30 ounce black beans rinsed drained canned
- 14.5 ounce chicken broth canned
- 0.5 teaspoon ground cumin generous ()
- 6 servings juice of lime fresh
- 4 garlic clove finely chopped
- 1 large jalapeno seeded chopped
- 6 servings cilantro leaves fresh chopped
- 1 tablespoon olive oil

1 large pepper flakes seeded chopped

Equipment

bowl

sauce pan

potato masher

Directions

Heat oil in heavy large saucepan over medium-high heat.

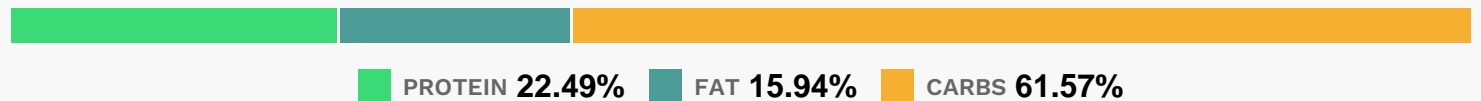
Add garlic, chili and cumin and sauté 30 seconds.

Add beans and broth and cook 5 minutes, stirring occasionally. Coarsely mash beans with potato masher. Continue boiling until thick, stirring frequently, about 10 minutes. Season to taste with lime juice, salt and pepper.

Transfer to bowl.

Sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:11.883043491322%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 175.38kcal (8.77%), Fat: 3.27g (5.02%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 18.23g (6.63%), Sugar: 1.1g (1.24%), Cholesterol: 0mg (0%), Sodium: 566.92mg (24.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.73%), Fiber: 10.14g (40.56%), Vitamin C: 27.04mg (32.77%),

Folate: 91.96µg (22.99%), Manganese: 0.39mg (19.57%), Phosphorus: 185.61mg (18.56%), Iron: 3.11mg (17.26%), Copper: 0.33mg (16.68%), Potassium: 572.08mg (16.35%), Vitamin B1: 0.22mg (14.49%), Magnesium: 55.91mg (13.98%), Vitamin B2: 0.21mg (12.13%), Vitamin B3: 2.01mg (10.03%), Vitamin B6: 0.17mg (8.48%), Calcium: 63.14mg (6.31%), Zinc: 0.91mg (6.08%), Vitamin E: 0.55mg (3.65%), Vitamin B5: 0.33mg (3.33%), Vitamin K: 3.42µg (3.26%), Selenium: 2.21µg (3.16%), Vitamin A: 126.27IU (2.53%), Vitamin B12: 0.07µg (1.14%)