



Mexican MEV With Beans, Peppers, and Jicama

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce .5 can cannellini beans white canned
- 1 teaspoon savory dried
- 2 tablespoons cilantro leaves fresh minced
- 2 garlic cloves minced
- 1 teaspoons hot sauce
- 0.5 cup jicama diced peeled
- 2 cups onion vertically sliced

- 12 ounce roasted bell peppers red drained
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- oven
- ramekin
- potato masher
- colander

Directions

- Preheat oven to 35
- Drain beans in a colander over a bowl, reserving 1/4 cup bean liquid. Set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, and saut 5 minutes.
- Add beans, chipotle sauce, savory, and garlic; saut 5 minutes.
- Remove from heat.
- Place 2 cups bean mixture in a large bowl; mash with a potato masher.
- Add remaining bean mixture, 1/4 cup reserved bean liquid, jicama, and minced cilantro; stir well.
- Arrange bell peppers in the bottom and up sides of 4 (10-ounce) ramekins coated with cooking spray. Divide bean mixture evenly among ramekins; place ramekins on a baking sheet.
- Bake at 350 for 20 minutes. Invert ramekins onto each of 4 plates.
- Garnish with minced cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:12.7, Inflammation Score:-8, Nutrition Score:22.992608775263%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg

Nutrients (% of daily need)

Calories: 328.39kcal (16.42%), Fat: 4.38g (6.74%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 57.84g (19.28%), Net Carbohydrates: 44.4g (16.15%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 1205.58mg (52.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Manganese: 1.37mg (68.6%), Vitamin C: 50.03mg (60.65%), Fiber: 13.43g (53.74%), Folate: 169.19µg (42.3%), Iron: 7.35mg (40.82%), Potassium: 1239.41mg (35.41%), Copper: 0.65mg (32.41%), Magnesium: 128.31mg (32.08%), Phosphorus: 239.16mg (23.92%), Vitamin B6: 0.43mg (21.73%), Calcium: 213.9mg (21.39%), Zinc: 2.72mg (18.11%), Vitamin B1: 0.27mg (17.93%), Vitamin E: 2.06mg (13.71%), Vitamin K: 13.46µg (12.82%), Vitamin A: 463.8IU (9.28%), Vitamin B2: 0.13mg (7.84%), Selenium: 4.39µg (6.27%), Vitamin B5: 0.56mg (5.57%), Vitamin B3: 0.85mg (4.25%)