



## Mexican Pasta with Black Beans

READY IN



45 min.

SERVINGS



2

CALORIES



978 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.3 cups black beans rinsed drained canned
- 10 ounce enchilada sauce canned
- 0.8 pound rotini pasta spiral-shaped
- 1 garlic clove minced
- 3 inch jalapeno chopped fine (wear rubber gloves)
- 0.3 cup onion finely chopped
- 2 spring onion sliced thin
- 2 servings monterrey jack cheese freshly grated to taste
- 0.3 cup cream sour

1 tablespoon vegetable oil

## Equipment

bowl

frying pan

sauce pan

colander

## Directions

In a 6-quart kettle bring 5 quarts salted water to a boil for pasta. Cook pasta until tender, about 12 minutes.

While pasta is cooking, in a 2- to 3-quart heavy saucepan cook onion and garlic in oil over moderately low heat, stirring occasionally, until softened.

Add beans, enchilada sauce, and jalapeño and simmer gently, stirring occasionally, until thickened, about

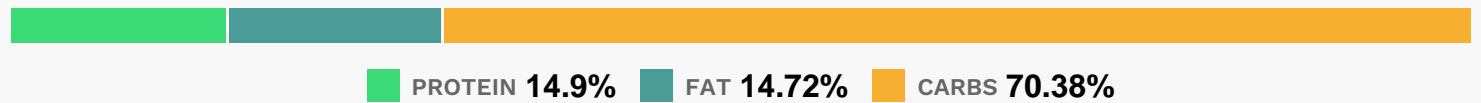
minutes.

Remove pan from heat and stir sour cream and salt to taste into sauce.

In a colander drain pasta well and in a large bowl toss with sauce.

Serve pasta sprinkled with cheese and scallions.

## Nutrition Facts



## Properties

Glycemic Index:110, Glycemic Load:57.14, Inflammation Score:-9, Nutrition Score:32.286956482931%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

## Nutrients (% of daily need)

Calories: 977.73kcal (48.89%), Fat: 15.94g (24.52%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 171.46g (57.15%), Net Carbohydrates: 152.73g (55.54%), Sugar: 16.56g (18.4%), Cholesterol: 17.85mg (5.95%), Sodium: 1258.57mg (54.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.3g (72.59%), Selenium: 110.52µg (157.89%), Manganese: 2.15mg (107.73%), Fiber: 18.73g (74.93%), Folate: 217.2µg (54.3%), Phosphorus: 523.77mg (52.38%), Magnesium: 179.58mg (44.89%), Copper: 0.76mg (38.17%), Vitamin K: 38.81µg (36.96%), Iron: 5.77mg (32.04%), Vitamin B1: 0.46mg (30.81%), Zinc: 3.92mg (26.15%), Potassium: 910.65mg (26.02%), Vitamin A: 1300.52IU (26.01%), Vitamin B6: 0.41mg (20.36%), Vitamin B3: 3.65mg (18.26%), Vitamin C: 12.31mg (14.92%), Vitamin B2: 0.24mg (14.3%), Calcium: 121.12mg (12.11%), Vitamin B5: 1.17mg (11.72%), Vitamin E: 1.06mg (7.09%), Vitamin B12: 0.07µg (1.14%)