



HEALTH SCORE

80%

Perfect Black Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



825 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound black beans dried
- ☐ 3 garlic cloves fresh pressed
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 medium onion roughly chopped
- ☐ 0.5 teaspoon oregano leaves dried
- ☐ 1 pinch pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings scallions chopped for garnish

- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons citrus champagne vinegar

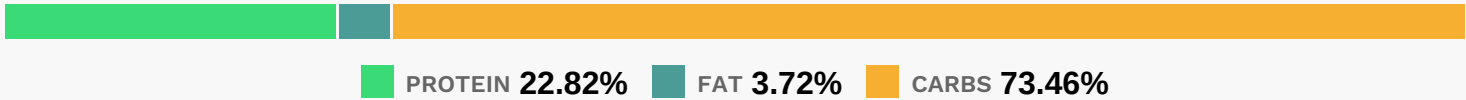
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ The night before, soak the black beans in a large pot of water. The next day, rinse the beans, cover with 3 cups of fresh water and bring to a boil over high heat. Reduce the heat and simmer covered for 30 minutes, skimming off any foam. Stir in the onion and simmer 30 minutes more.
- ☐ Add the garlic, oregano, cumin, and red pepper flakes, and simmer uncovered for 30 minutes, stirring occasionally. Stir in sugar and vinegar, and taste before seasoning with salt and pepper. Turn out into a large serving bowl and garnish with chopped scallions.;

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:16.326521707618%

Flavonoids

Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 220.66kcal (11.03%), Fat: 0.93g (1.44%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 41.48g (13.83%), Net Carbohydrates: 31.86g (11.58%), Sugar: 4.54g (5.05%), Cholesterol: 0mg (0%), Sodium: 6.81mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.77%), Folate: 261.52µg (65.38%), Fiber: 9.63g (38.5%),

Manganese: 0.72mg (36.06%), Vitamin B1: 0.53mg (35.53%), Potassium: 918.98mg (26.26%), Magnesium: 103.57mg (25.89%), Copper: 0.51mg (25.27%), Phosphorus: 215.67mg (21.57%), Iron: 3.34mg (18.54%), Vitamin K: 17.5µg (16.67%), Zinc: 2.19mg (14.59%), Vitamin B6: 0.23mg (11.56%), Calcium: 91.77mg (9.18%), Vitamin B2: 0.13mg (7.47%), Vitamin B3: 1.21mg (6.07%), Vitamin B5: 0.57mg (5.65%), Vitamin C: 3.93mg (4.76%), Selenium: 2.35µg (3.36%), Vitamin A: 85.6IU (1.71%), Vitamin E: 0.22mg (1.49%)