



Pressure Cooker Black Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 pound black beans dry
- ☐ 1 bunch cilantro leaves with butcher twine
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 7 cups water

Equipment

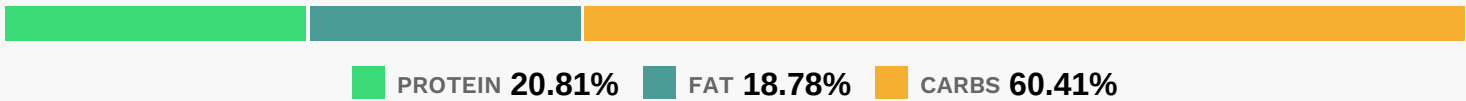
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pressure cooker

Directions

- ☐ Combine water, black beans, onion, cilantro, olive oil, and salt together in a pressure cooker; cover and seal with lid. Cook on high according to manufacturer's instructions, about 40 minutes. Allow steam to release completely.
- ☐ Remove lid and stir balsamic vinegar into beans.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:5.6634783278341%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 97.56kcal (4.88%), Fat: 2.07g (3.18%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 9.87g (3.59%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 448.71mg (19.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Folate: 86.76µg (21.69%), Fiber: 5.11g (20.44%), Manganese: 0.27mg (13.68%), Magnesium: 43.39mg (10.85%), Vitamin B1: 0.14mg (9.54%), Phosphorus: 83.16mg (8.32%), Copper: 0.16mg (7.93%), Iron: 1.27mg (7.05%), Potassium: 223.85mg (6.4%), Zinc: 0.68mg (4.53%), Vitamin K: 4.19µg (3.99%), Calcium: 25.57mg (2.56%), Vitamin B6: 0.05mg (2.56%), Vitamin B2: 0.04mg (2.2%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.31mg (1.54%), Vitamin A: 71.06IU (1.42%), Vitamin C: 0.92mg (1.1%), Selenium: 0.73µg (1.05%)