



Robin's Sweet and Spicy Black Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- 15 ounce black beans canned
- 14.5 ounce to 2 chilies slit diced with green chile peppers canned
- 1 teaspoon ground pepper
- 1 dash chili powder
- 1 dash cumin
- 1 tablespoon olive oil extra virgin
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons garlic minced

- 1 dash ground cinnamon
- 0.5 large onion red chopped
- 3 tablespoons sugar

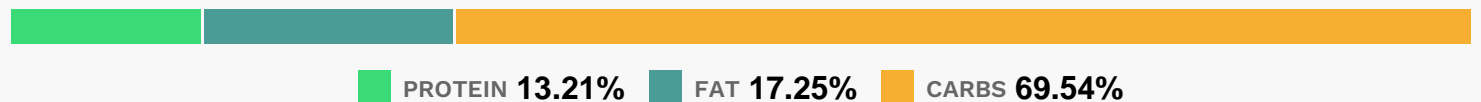
Equipment

- frying pan

Directions

- Warm oil in a skillet over medium heat. Stir in onion, and cook about 2 minutes; then stir in garlic, and cook until onion is soft and translucent. Stir in tomatoes, cilantro, and sugar. Season with cayenne pepper, chili powder, cumin, and ground cinnamon. Cook for 10 minutes. Stir in black beans, and bring to a simmer. Reduce the heat to low, cover, and simmer 1 hour or longer.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:7, Inflammation Score:-6, Nutrition Score:9.9917391072149%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 205.62kcal (10.28%), Fat: 4.06g (6.24%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 25.33g (9.21%), Sugar: 13.12g (14.57%), Cholesterol: 0mg (0%), Sodium: 756.99mg (32.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.97%), Fiber: 11.45g (45.82%), Vitamin C: 18.15mg (22%), Manganese: 0.4mg (20.16%), Folate: 68.84µg (17.21%), Iron: 2.43mg (13.49%), Phosphorus: 129.03mg (12.9%), Copper: 0.23mg (11.58%), Vitamin B1: 0.17mg (11.18%), Potassium: 389.47mg (11.13%), Magnesium: 42.04mg (10.51%), Vitamin B2: 0.15mg (8.64%), Vitamin B6: 0.14mg (7.25%), Vitamin A: 358.45IU (7.17%), Vitamin K: 6.09µg (5.8%), Calcium: 54.8mg (5.48%), Vitamin E: 0.79mg (5.29%), Zinc: 0.69mg (4.6%), Vitamin B3: 0.8mg (4.01%), Selenium: 2.2µg (3.14%), Vitamin B5: 0.25mg (2.45%)