



Santa Fe Black Beans

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



155 kcal

SIDE DISH

Ingredients

- 1 tablespoon chipotles in adobo canned chopped
- 0.5 cup corn kernels unsalted
- 1 pound black beans dried
- 0.5 cup cilantro leaves fresh chopped
- 4 garlic clove minced
- 1 tablespoon juice of lime fresh
- 3 cups beef broth fat-free
- 2 cups onion finely chopped (1 large)

- 1 cup queso fresco crumbled
- 1 teaspoon salt

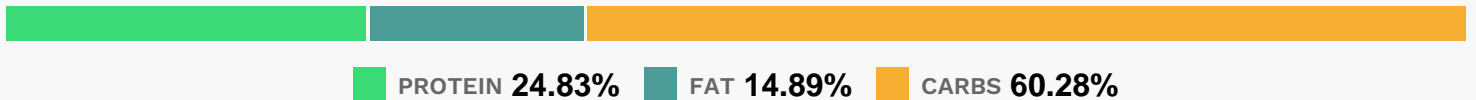
Equipment

- potato masher
- dutch oven
- slow cooker

Directions

- Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- Drain beans.
- Place beans in a 3-quart electric slow cooker. Stir in chicken broth and next 4 ingredients (through garlic). Cover and cook on LOW for 10 hours or until beans are tender.
- Stir in lime juice. Mash bean mixture with a potato masher until slightly thick.
- Sprinkle with queso fresco, cilantro, and pumpkinseed kernels.

Nutrition Facts



Properties

Glycemic Index:6.36, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:10.110434739486%

Flavonoids

Petunidin: 4.99mg, Petunidin: 4.99mg, Petunidin: 4.99mg, Petunidin: 4.99mg Delphinidin: 5.99mg, Delphinidin: 5.99mg, Delphinidin: 5.99mg, Delphinidin: 5.99mg Malvidin: 3.44mg, Malvidin: 3.44mg, Malvidin: 3.44mg, Malvidin: 3.44mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 155.21kcal (7.76%), Fat: 2.64g (4.06%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 18.34g (6.67%), Sugar: 2.22g (2.47%), Cholesterol: 6.01mg (2%), Sodium: 340.82mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Folate: 151.46µg (37.87%), Fiber: 5.67g (22.69%), Vitamin B1: 0.31mg (20.69%), Manganese: 0.4mg (19.91%), Potassium: 643.39mg (18.38%), Phosphorus: 158.65mg (15.87%), Magnesium: 60.99mg (15.25%), Copper: 0.29mg (14.52%), Zinc: 1.48mg (9.86%), Iron: 1.76mg (9.78%), Calcium: 96.79mg (9.68%), Vitamin B6: 0.14mg (7.04%), Vitamin B2: 0.09mg (5.35%), Selenium: 3µg (4.28%), Vitamin B5: 0.38mg (3.81%), Vitamin B3: 0.73mg (3.67%), Vitamin K: 3.79µg (3.61%), Vitamin C: 2.53mg (3.06%), Vitamin B12: 0.15µg (2.44%), Vitamin A: 118.06IU (2.36%), Vitamin D: 0.24µg (1.57%)