



Simple Black Beans (Caraotas Negras)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce 0%-less-sodium black beans undrained canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon brown sugar
- ☐ 1.5 tablespoons canola oil
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup onion chopped
- ☐ 0.8 cup bell pepper red finely chopped

- ☐ 1 cup water
- ☐ 1 teaspoon citrus champagne vinegar

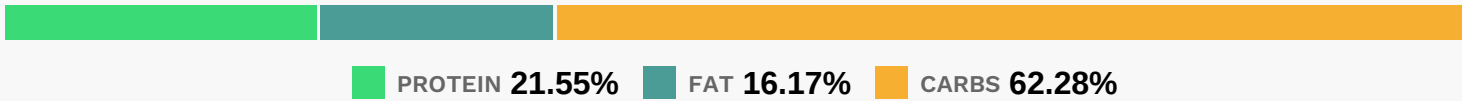
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion and bell pepper to pan; cook 5 minutes or until tender, stirring occasionally. Stir in sugar, garlic, black pepper, and cumin; cook 1 minute, stirring constantly. Stir in 1 cup water and beans; bring to a boil. Partially cover, reduce heat, and simmer 30 minutes or until slightly thick, stirring frequently.
- ☐ Remove from heat, and stir in vinegar.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:7.25, Inflammation Score:-8, Nutrition Score:15.862608826679%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 236.62kcal (11.83%), Fat: 4.37g (6.73%), Saturated Fat: 0.48g (3%), Carbohydrates: 37.89g (12.63%), Net Carbohydrates: 24.67g (8.97%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 5.64mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.22%), Folate: 224.89µg (56.22%), Fiber: 13.22g (52.89%), Manganese: 0.71mg (35.56%), Vitamin C: 26.06mg (31.59%), Magnesium: 105.22mg (26.3%), Vitamin B1: 0.37mg (24.69%), Phosphorus: 212.8mg (21.28%), Iron: 3.19mg (17.75%), Potassium: 587.81mg (16.79%), Copper: 0.32mg (16.02%), Vitamin A: 593.77IU (11.88%), Zinc: 1.7mg (11.32%), Vitamin B6: 0.19mg (9.7%), Vitamin B2: 0.11mg (6.35%), Vitamin E: 0.92mg (6.11%), Calcium: 49.72mg (4.97%), Vitamin B3: 0.94mg (4.7%), Vitamin B5: 0.44mg (4.41%),

Vitamin K: 3.67µg (3.49%), Selenium: 1.97µg (2.82%)