



Slow-cooker Black Beans



Gluten Free



Dairy Free

READY IN



335 min.

SERVINGS



15

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.5 cup celery diced
- ☐ 2 cups ham diced cooked
- ☐ 16 oz black beans dried
- ☐ 32 oz chicken broth fat-free low-sodium
- ☐ 3 garlic cloves chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon coarsely ground pepper black

- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 cups onion diced sweet

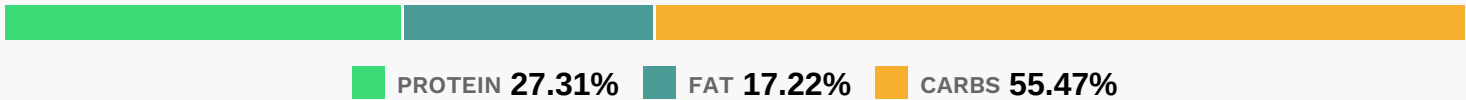
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ Rinse and sort beans according to package directions.
- ☐ Place beans in a 6-qt. slow cooker.
- ☐ Add water 2 inches above beans; let soak 8 hours.
- ☐ Drain and rinse. Return beans to slow cooker.
- ☐ Cook bacon in a large skillet over medium-high heat 4 to 5 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon; add to slow cooker.
- ☐ Saut onion, celery, and garlic in hot drippings 7 to 8 minutes or until tender. Reduce heat to medium, and stir in ham, cumin, and ground peppers. Saut 5 minutes or until thoroughly heated. Stir in 1/2 cup chicken broth, and cook 2 minutes, stirring to loosen particles from bottom of skillet; add mixture to slow cooker. Stir in remaining chicken broth and 1 cup water.
- ☐ Cover and cook on HIGH 5 hours or LOW 8 hours or until beans are tender.

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:10.457826096727%

Flavonoids

Petunidin: 4.66mg, Petunidin: 4.66mg, Petunidin: 4.66mg, Petunidin: 4.66mg Delphinidin: 5.59mg, Delphinidin: 5.59mg, Delphinidin: 5.59mg, Delphinidin: 5.59mg Malvidin: 3.21mg, Malvidin: 3.21mg, Malvidin: 3.21mg, Malvidin: 3.21mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg
Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg,
Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin:
0.25mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 148.85kcal (7.44%), Fat: 2.89g (4.45%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 20.96g (6.99%), Net
Carbohydrates: 15.99g (5.81%), Sugar: 1.86g (2.07%), Cholesterol: 12.93mg (4.31%), Sodium: 446.94mg (19.43%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.64%), Folate: 141.5µg (35.38%), Vitamin B1: 0.38mg
(25.04%), Fiber: 4.97g (19.88%), Manganese: 0.37mg (18.57%), Phosphorus: 169.28mg (16.93%), Potassium:
553.59mg (15.82%), Copper: 0.3mg (15.01%), Magnesium: 58.62mg (14.66%), Iron: 1.87mg (10.36%), Zinc: 1.53mg
(10.2%), Vitamin B6: 0.18mg (9.01%), Selenium: 6.08µg (8.69%), Vitamin B3: 1.63mg (8.16%), Vitamin B2: 0.12mg
(6.87%), Vitamin C: 4.86mg (5.89%), Vitamin B12: 0.35µg (5.8%), Vitamin B5: 0.53mg (5.25%), Calcium: 48.18mg
(4.82%), Vitamin K: 2.84µg (2.7%)