



## Slow-Cooker Caribbean Black Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

### Ingredients

- 30 ounces black beans rinsed drained canned
- 0.5 cup water
- 1 cup bell pepper green chopped
- 0.5 cup onion chopped
- 1 teaspoon ground cumin
- 0.5 teaspoon salt
- 0.5 teaspoon garlic powder
- 2 ounces pimientos diced drained

# Equipment

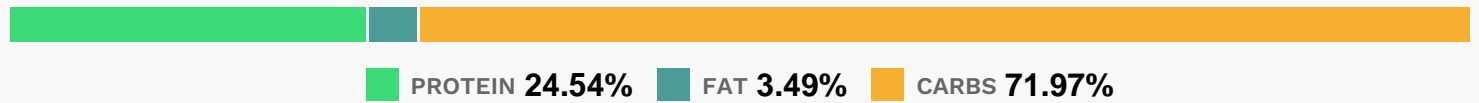
slow cooker

# Directions

Mix all ingredients in 3 1/2- to 4-quart slow cooker.

Cover and cook on low heat setting 5 to 6 hours to blend and develop flavors.

# Nutrition Facts



# Properties

Glycemic Index:11.5, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:9.0047826015431%

# Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

# Nutrients (% of daily need)

Calories: 108.01kcal (5.4%), Fat: 0.43g (0.67%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 12.06g (4.39%), Sugar: 1.12g (1.24%), Cholesterol: 0mg (0%), Sodium: 557.01mg (24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Fiber: 8.03g (32.11%), Vitamin C: 25.98mg (31.49%), Folate: 69.22µg (17.31%), Manganese: 0.3mg (15.02%), Iron: 2.43mg (13.49%), Phosphorus: 124.95mg (12.5%), Copper: 0.23mg (11.51%), Potassium: 395.05mg (11.29%), Vitamin B1: 0.17mg (11.2%), Magnesium: 41.78mg (10.44%), Vitamin B2: 0.14mg (8.34%), Vitamin B6: 0.14mg (6.75%), Vitamin A: 264.71IU (5.29%), Calcium: 44.88mg (4.49%), Zinc: 0.65mg (4.34%), Vitamin B3: 0.83mg (4.13%), Vitamin B5: 0.23mg (2.28%), Selenium: 1.5µg (2.15%), Vitamin K: 2.16µg (2.05%)