



Slow-Cooker Mexican Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



430 min.

SERVINGS



17

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz navy beans dried rinsed
- ☐ 10 cups water
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 1 oz taco seasoning
- ☐ 0.5 cup onion whole frozen (from 1-lb bag)
- ☐ 1 teaspoon chili powder

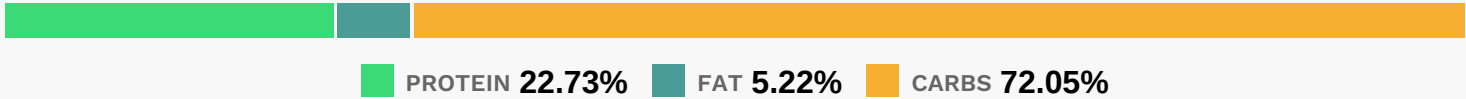
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ In 4-quart Dutch oven, heat beans and water to boiling. Reduce heat to low; cover and simmer 1 hour.
- ☐ Drain beans. In 3- to 4-quart slow cooker, mix beans and remaining ingredients.
- ☐ Cover; cook on Low heat setting 6 to 7 hours. Beans will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:11.666521715081%

Flavonoids

Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 146.55kcal (7.33%), Fat: 0.89g (1.37%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 18.02g (6.55%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 332.54mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Fiber: 9.56g (38.23%), Folate: 124.7µg (31.17%), Manganese: 0.54mg (27.02%), Copper: 0.39mg (19.35%), Vitamin B1: 0.28mg (18.8%), Magnesium: 68.84mg (17.21%), Potassium: 560.48mg (16.01%), Phosphorus: 159.79mg (15.98%), Iron: 2.73mg (15.17%), Vitamin B6: 0.21mg (10.31%), Zinc: 1.31mg (8.76%), Vitamin C: 6.38mg (7.74%), Vitamin B3: 1.47mg (7.36%), Calcium: 69.87mg (6.99%), Vitamin B2: 0.1mg (6.07%), Vitamin A: 292.81IU (5.86%), Selenium: 3.59µg (5.13%), Vitamin E: 0.63mg (4.23%), Vitamin B5: 0.38mg (3.81%), Vitamin K: 3.29µg (3.13%)