



Smoky beans with basil & bacon



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 small onion
- ☐ 2 bacon smoked
- ☐ 420 g jicama canned
- ☐ 2 large tomatoes
- ☐ 6 large basil fresh
- ☐ 3 drops all the tabasco sauce you handle

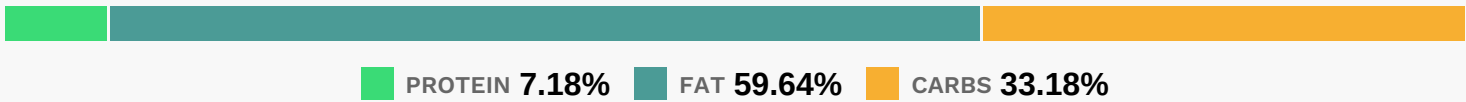
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ microwave
- ☐ kitchen scissors

Directions

- ☐ Warm the oil in a medium saucepan while you quickly chop the onion into quite small pieces.
- ☐ Add the onion to the pan, give it a good stir with a wooden spoon then leave it to cook over a high heat for about 5 minutes, stirring occasionally.
- ☐ Meanwhile, snip the bacon in half lengthways with scissors and either cook them between 2 sheets of kitchen paper in the microwave for 2–3 minutes on HIGH or in a frying pan in the usual way until the fat is golden and crisp.
- ☐ Open and drain the beans then roughly chop the tomatoes and add them both to the pan. Stir well and cook for another few minutes until the tomatoes have softened. Shred the basil and add to the pan with salt and a generous grinding of black pepper for extra heat you can add a few drops of Tabasco sauce. Spoon onto plates and top each with the bacon.
- ☐ Serve with lightly toasted bread on the side.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:17.898695735828%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 342.5kcal (17.13%), Fat: 23.33g (35.9%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 16.12g (5.86%), Sugar: 10.07g (11.19%), Cholesterol: 14.52mg (4.84%), Sodium: 204.51mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin C: 71.28mg (86.4%), Fiber: 13.09g (52.37%), Vitamin A: 1634.73IU (32.69%), Vitamin K: 28.59µg (27.23%), Vitamin E: 4.08mg (27.19%), Potassium: 846.84mg (24.2%), Manganese: 0.4mg (19.78%), Vitamin B6: 0.34mg (16.93%), Folate: 60.06µg (15.01%), Magnesium: 52.2mg (13.05%), Vitamin B1: 0.19mg (12.47%), Phosphorus: 124.15mg (12.41%), Vitamin B3: 2.44mg (12.21%), Copper: 0.24mg (11.81%), Iron: 2.04mg (11.33%), Selenium: 6.07µg (8.67%), Vitamin B2: 0.12mg (7.35%), Zinc: 0.98mg (6.51%), Vitamin B5: 0.61mg (6.15%), Calcium: 54.93mg (5.49%), Vitamin B12: 0.11µg (1.83%)