



Southwest Tuna and Black Beans

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.3 cup onion chopped
- 1 anaheim chili green canned chopped
- 1 garlic clove crushed
- 1 tablespoon lime zest grated
- 3 tablespoons juice of lime
- 0.8 cup tomatoes chopped
- 30 oz black beans rinsed drained canned

10 oz water-packed tuna white rinsed drained canned

Equipment

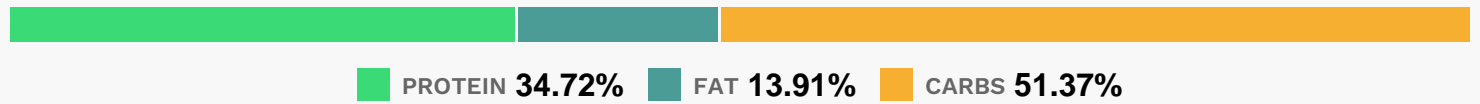
frying pan

Directions

Heat oil in 10-inch skillet over medium heat. Cook onion, chili and garlic in oil about 2 minutes, stirring constantly, until onion is softened.

Stir in remaining ingredients. Cook about 5 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:23.478260807369%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 304.52kcal (15.23%), Fat: 4.76g (7.33%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 23.83g (8.67%), Sugar: 1.85g (2.05%), Cholesterol: 25.51mg (8.5%), Sodium: 1020.48mg (44.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.5%), Selenium: 50.99µg (72.84%), Fiber: 15.74g (62.96%), Vitamin B3: 8.55mg (42.75%), Folate: 139.89µg (34.97%), Phosphorus: 339.33mg (33.93%), Vitamin B12: 1.82µg (30.36%), Iron: 5.35mg (29.74%), Manganese: 0.57mg (28.42%), Potassium: 878.12mg (25.09%), Magnesium: 95.97mg (23.99%), Copper: 0.47mg (23.44%), Vitamin B1: 0.34mg (22.58%), Vitamin B6: 0.39mg (19.62%), Vitamin C: 16.03mg (19.43%), Vitamin B2: 0.32mg (19.06%), Zinc: 1.7mg (11.33%), Calcium: 95.7mg (9.57%), Vitamin K: 8.73µg (8.31%), Vitamin A: 288.26IU (5.77%), Vitamin D: 0.85µg (5.67%), Vitamin B5: 0.55mg (5.55%), Vitamin E: 0.69mg (4.62%)