



Southwestern Bean Skillet

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup ears corn fresh frozen
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon salt
- 0.5 cup bell pepper green chopped
- 0.3 cup onion chopped
- 15 ounces chili beans sauce undrained canned
- 15 ounces black beans rinsed drained canned
- 1 cup colby cheese shredded with jalapeño pepper cheese blend (4 ounces)

1.5 cups tomatoes chopped

Equipment

frying pan

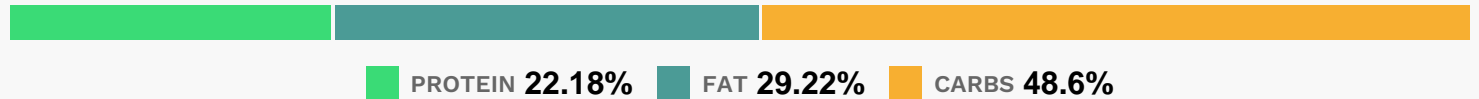
Directions

Mix all ingredients except cheese and tomatoes in 12-inch skillet.

Heat to boiling; reduce heat. Cover and simmer 5 minutes.

Uncover and simmer 5 to 10 minutes, stirring occasionally, until vegetables are tender. Stir in cheese and tomatoes until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:21.778695640357%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg 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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 378.89kcal (18.94%), Fat: 12.61g (19.4%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 33.49g (12.18%), Sugar: 10.36g (11.52%), Cholesterol: 31.35mg (10.45%), Sodium: 1678.27mg (72.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.53g (43.06%), Fiber: 13.69g (54.75%), Phosphorus: 481.74mg (48.17%), Vitamin C: 30.57mg (37.05%), Potassium: 1126.34mg (32.18%), Folate: 125.92µg (31.48%), Calcium: 307mg (30.7%), Magnesium: 116.11mg (29.03%), Copper: 0.56mg (27.76%), Zinc: 4.02mg (26.79%), Vitamin B2: 0.45mg (26.45%), Iron: 4.68mg (25.99%), Vitamin B6: 0.5mg (25.2%), Manganese: 0.41mg (20.58%), Vitamin B1: 0.29mg (19.23%), Vitamin A: 960.86IU (19.22%), Selenium: 7.82µg (11.17%), Vitamin B3: 2.15mg (10.75%), Vitamin K: 7.88µg (7.5%), Vitamin B5: 0.61mg (6.06%), Vitamin E: 0.72mg (4.79%), Vitamin B12: 0.28µg (4.74%), Vitamin D: 0.2µg (1.32%)