



HEALTH SCORE

89%

Southwestern Bean Stew Over Polenta



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces avocado diced ripe peeled
- ☐ 15 ounce black beans drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup onion chopped

- ☐ 16 ounce mexican pepper polenta
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 cup bottled salsa
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 2 teaspoons vegetable oil

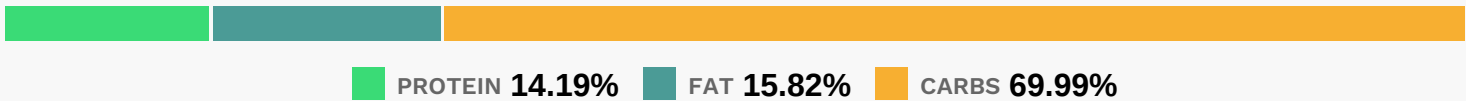
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add bell peppers, chopped onion, and garlic cloves, and saut for 6 minutes. Stir in salsa, cumin, black beans, and tomatoes, and bring to a boil. Cover, reduce heat, and simmer for 10 minutes, stirring occasionally.
- ☐ Quarter each polenta slice.
- ☐ Place polenta in a shallow 2-quart microwave-safe baking dish. Microwave, uncovered, at high for 2 minutes or until hot, tossing gently after 1 minute.
- ☐ Divide the polenta evenly among 4 bowls, and spoon 3/4 cup of bean stew over the polenta. Top each serving with 1 tablespoon sour cream, 1 tablespoon cilantro, and 2 1/2 tablespoons avocado.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:17.56, Inflammation Score:-10, Nutrition Score:49.528260842614%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 532.04kcal (26.6%), Fat: 11.21g (17.24%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 111.53g (37.18%), Net Carbohydrates: 69.13g (25.14%), Sugar: 10.09g (11.21%), Cholesterol: 1.29mg (0.43%), Sodium: 807.95mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Manganese: 15.16mg (758.13%), Vitamin K: 210.39µg (200.37%), Fiber: 42.4g (169.59%), Vitamin C: 95.94mg (116.29%), Copper: 2.03mg (101.7%), Iron: 15.71mg (87.27%), Potassium: 2580.59mg (73.73%), Magnesium: 280.88mg (70.22%), Calcium: 629.96mg (63%), Vitamin A: 2464.44IU (49.29%), Vitamin B6: 0.93mg (46.26%), Phosphorus: 397.52mg (39.75%), Folate: 148.78µg (37.19%), Vitamin B2: 0.51mg (29.93%), Vitamin B1: 0.45mg (29.77%), Vitamin E: 4.42mg (29.48%), Vitamin B5: 2.73mg (27.26%), Vitamin B3: 4.72mg (23.59%), Zinc: 2.77mg (18.49%), Selenium: 9.24µg (13.2%)