



Southwestern Smothered Fries

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



897 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado ripe
- ☐ 15 oz black beans canned
- ☐ 1 teaspoon chili powder
- ☐ 24 oz eggo homestyle waffles frozen
- ☐ 1 teaspoon garlic chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.7 cup cream sour reduced-fat
- ☐ 1.5 cups monterrey jack cheese shredded mexican-style

- ☐ 1 cup salsa
- ☐ 0.5 cup spring onion sliced
- ☐ 1 teaspoon vegetable oil

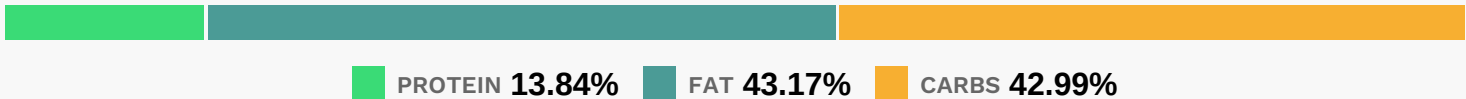
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bake fries according to package directions. In a saucepan, warm oil over medium heat.
- ☐ Add garlic, cumin and chili powder and saut until mixture is fragrant, about 30 seconds; add beans and their liquid. Simmer until liquid is thickened and reduced by about half, 10 minutes.
- ☐ Mist an ovenproof serving dish with nonstick cooking spray.
- ☐ Transfer baked fries to prepared dish, mounding them in center, and top with black beans and then shredded cheese. Return to oven and bake until cheese is melted, 5 minutes.
- ☐ Top smothered fries with dollops of salsa and sour cream and sprinkle with scallions. Pit, peel and slice avocado and place slices at edges of dish.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:44.51478277082%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 897.4kcal (44.87%), Fat: 44g (67.7%), Saturated Fat: 16.41g (102.54%), Carbohydrates: 98.62g (32.87%),
Net Carbohydrates: 84.14g (30.59%), Sugar: 8.04g (8.94%), Cholesterol: 95.36mg (31.79%), Sodium: 2132.15mg
(92.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.47%), Phosphorus: 919.28mg (91.93%),
Calcium: 842.89mg (84.29%), Iron: 14.74mg (81.91%), Vitamin B2: 1.33mg (78.04%), Vitamin A: 3707.68IU (74.15%),
Vitamin B6: 1.41mg (70.52%), Folate: 281.3µg (70.32%), Vitamin B1: 1.01mg (67.58%), Vitamin B3: 12.86mg (64.28%),
Vitamin B12: 3.57µg (59.57%), Fiber: 14.48g (57.92%), Vitamin K: 43.05µg (41%), Potassium: 1056.92mg (30.2%),
Magnesium: 110.98mg (27.75%), Zinc: 3.44mg (22.95%), Manganese: 0.45mg (22.74%), Copper: 0.38mg (19.17%),
Vitamin E: 2.43mg (16.18%), Vitamin C: 12.1mg (14.67%), Selenium: 9.81µg (14.01%), Vitamin B5: 1.13mg (11.32%),
Vitamin D: 0.5µg (3.34%)