



Spicy Tomato Napoleons with Black Beans

 Vegetarian  Gluten Free

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

302 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce refried black beans canned
- ☐ 2 teaspoons chili powder
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 jalapeños sliced
- ☐ 3 juice of lime juiced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup salsa verde
- ☐ 1 pinch salt and pepper black freshly ground for tomatoes

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 3 medium tomatoes sliced into 1/2-inch slices

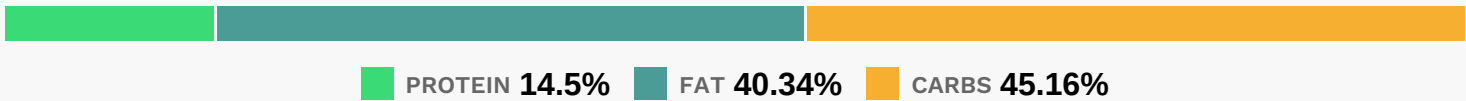
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Warm the refried beans in a small pot over low heat.
- ☐ In a small bowl, mix together sour cream, salsa verde, and a pinch of salt and pepper. Set aside.
- ☐ Arrange the sliced tomatoes on a sheet pan. Season the tomato slices with coarse sea salt, cracked black pepper, and chili powder. Put a heaping tablespoon of black beans on each slice of tomato and spread lightly leaving some room on the edge of the tomato. Top with some sliced jalapenos, cilantro and lime juice.
- ☐ Drizzle each slice with olive oil. Begin stacking slices on top of each other 3 to 4 high.
- ☐ Transfer to a serving platter and drizzle lightly with the sour cream mixture, before serving.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:5.9, Inflammation Score:-9, Nutrition Score:17.782608820044%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 301.82kcal (15.09%), Fat: 13.99g (21.53%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 24.03g (8.74%), Sugar: 6.21g (6.9%), Cholesterol: 16.96mg (5.65%), Sodium: 235.58mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.63%), Vitamin C: 37.6mg (45.58%), Folate: 180.9µg (45.22%), Fiber: 11.22g (44.88%), Vitamin A: 1656.78IU (33.14%), Manganese: 0.62mg (31.12%), Magnesium: 93.13mg (23.28%), Potassium: 775.48mg (22.16%), Vitamin B1: 0.31mg (20.91%), Phosphorus: 203.13mg (20.31%), Vitamin K: 18.86µg (17.96%), Vitamin E: 2.57mg (17.15%), Iron: 2.79mg (15.5%), Copper: 0.31mg (15.34%), Vitamin B6: 0.25mg (12.43%), Zinc: 1.53mg (10.19%), Vitamin B2: 0.15mg (8.99%), Calcium: 75.95mg (7.59%), Vitamin B3: 1.45mg (7.25%), Vitamin B5: 0.52mg (5.23%), Selenium: 2.63µg (3.76%), Vitamin B12: 0.06µg (1.01%)