



Tex-Mex beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

Ingredients

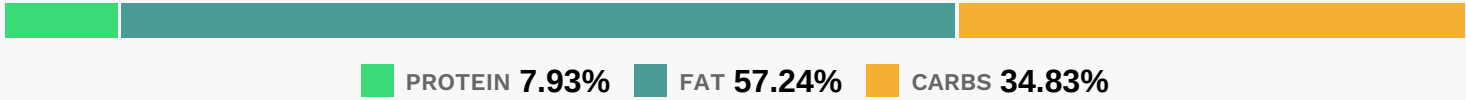
- ☐ 1200 g turtle beans mixed canned
- ☐ 1 small onion red sliced
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 6 tbsp garlic infused olive oil
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1 handful tortilla chips

Equipment

Directions

☐ Mix the beans, onion and coriander together, then stir in the oil and vinegar with some seasoning. Top with the tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:3.07, Inflammation Score:-7, Nutrition Score:10.401739089385%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 249.58kcal (12.48%), Fat: 16.41g (25.24%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 18.61g (6.77%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 45.46mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Vitamin C: 43.74mg (53.02%), Folate: 205.46µg (51.37%), Magnesium: 64.43mg (16.11%), Vitamin E: 2.39mg (15.94%), Fiber: 3.87g (15.47%), Iron: 2.51mg (13.94%), Vitamin K: 14.64µg (13.94%), Potassium: 471.23mg (13.46%), Calcium: 105.71mg (10.57%), Phosphorus: 103.92mg (10.39%), Copper: 0.16mg (8%), Zinc: 0.97mg (6.48%), Vitamin B6: 0.04mg (2.06%), Vitamin A: 90.63IU (1.81%), Manganese: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.52%), Vitamin B5: 0.14mg (1.44%)