



Vegan Bean Taco Filling



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bell pepper chopped
- ☐ 29 ounce black beans rinsed mashed drained canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon chili powder
- ☐ 1.5 tablespoons cumin
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced

- ☐ 1 teaspoon paprika
- ☐ 1 cup salsa
- ☐ 2 tablespoons cornmeal yellow

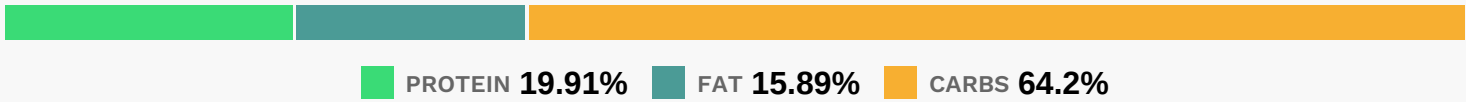
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a medium skillet over medium heat. Stir in onion, garlic, and bell pepper; cook until tender. Stir in mashed beans.
- ☐ Add the cornmeal.
- ☐ Mix in cumin, paprika, cayenne, chili powder, and salsa. Cover, and cook 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26.19, Glycemic Load:1.68, Inflammation Score:-7, Nutrition Score:11.437391364056%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 144.92kcal (7.25%), Fat: 2.68g (4.12%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 15.53g (5.65%), Sugar: 2.59g (2.87%), Cholesterol: 0mg (0%), Sodium: 615.47mg (26.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Fiber: 8.83g (35.33%), Vitamin C: 23.97mg (29.05%), Manganese: 0.39mg (19.49%), Vitamin A: 941.76IU (18.84%), Folate: 74.89µg (18.72%), Iron: 3.14mg (17.45%), Phosphorus: 143.9mg (14.39%), Potassium: 498.63mg (14.25%), Magnesium: 52.18mg (13.05%), Vitamin B1: 0.19mg (12.53%), Copper: 0.25mg (12.48%), Vitamin B6: 0.22mg (10.96%), Vitamin B2: 0.16mg (9.68%), Vitamin E: 1.18mg (7.84%), Vitamin B3: 1.36mg (6.79%), Calcium: 63.04mg (6.3%), Zinc: 0.85mg (5.66%), Vitamin K: 3.95µg (3.76%), Vitamin B5: 0.35mg (3.47%), Selenium: 2.12µg (3.02%)