



Vegetables Sauté with Black Beans and Couscous

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon vegetable oil
- 1 medium onion red thinly sliced
- 1 large bell pepper red cut lengthwise into thin slices
- 1 small fennel bulb thinly sliced cut into fourths and
- 2 tablespoons oregano dried fresh chopped
- 0.3 teaspoon pepper red crushed
- 30 ounces black beans rinsed drained canned

2 cups couscous hot cooked

Equipment

frying pan

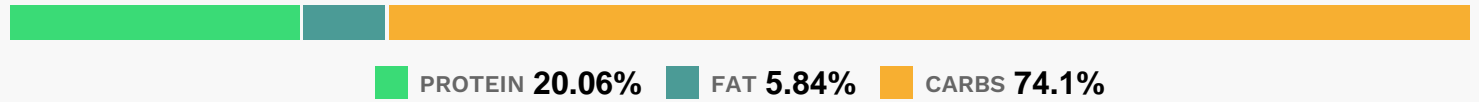
Directions

Heat oil in 10-inch skillet over medium-high heat. Cook onion, bell pepper and fennel in oil 2 to 3 minutes, stirring occasionally, until crisp-tender.

Stir in oregano, red pepper and beans; reduce heat. Simmer uncovered 5 minutes.

Serve with couscous.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:13.36, Inflammation Score:-10, Nutrition Score:28.112608992535%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 338.12kcal (16.91%), Fat: 2.26g (3.48%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 64.53g (21.51%), Net Carbohydrates: 44.52g (16.19%), Sugar: 5.38g (5.97%), Cholesterol: 0mg (0%), Sodium: 856.23mg (37.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.47g (34.94%), Vitamin C: 67.33mg (81.62%), Fiber: 20.02g (80.07%), Vitamin K: 56.68µg (53.98%), Folate: 187.31µg (46.83%), Manganese: 0.88mg (44.07%), Selenium: 25.08µg (35.83%), Iron: 5.94mg (33.01%), Potassium: 1103.19mg (31.52%), Phosphorus: 298.86mg (29.89%), Vitamin A: 1450.74IU (29.01%), Magnesium: 105.25mg (26.31%), Vitamin B1: 0.39mg (26.17%), Copper: 0.51mg (25.69%), Vitamin B2: 0.35mg (20.69%), Vitamin B6: 0.37mg (18.27%), Calcium: 158.9mg (15.89%), Vitamin B3: 3.03mg (15.14%), Vitamin E: 1.69mg (11.27%), Zinc: 1.69mg (11.27%), Vitamin B5: 1.01mg (10.06%)