



Warm Sweet Potato and Black Bean Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans unsalted rinsed drained canned
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup chicken stock see unsalted
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sweet potatoes and into diced peeled

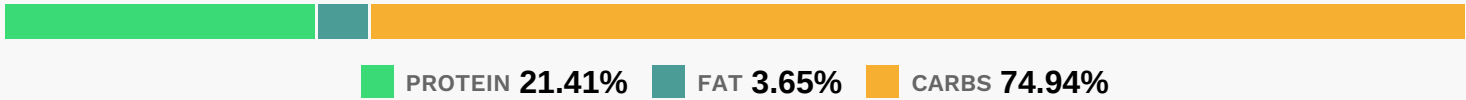
Equipment

sauce pan

Directions

Combine sweet potato and chicken stock in a saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in black beans, oregano, lime juice, salt, and pepper. Cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:13.440000119417%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 135.3kcal (6.77%), Fat: 0.57g (0.87%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 17.17g (6.24%), Sugar: 1.74g (1.94%), Cholesterol: 0.45mg (0.15%), Sodium: 593.73mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin A: 4745.7IU (94.91%), Fiber: 8.91g (35.64%), Manganese: 0.41mg (20.64%), Folate: 72.62µg (18.15%), Iron: 2.73mg (15.17%), Phosphorus: 137.07mg (13.71%), Copper: 0.27mg (13.66%), Potassium: 477.07mg (13.63%), Magnesium: 50.01mg (12.5%), Vitamin B1: 0.18mg (12.22%), Vitamin B2: 0.17mg (9.88%), Vitamin K: 8.63µg (8.22%), Vitamin B6: 0.15mg (7.6%), Calcium: 68.76mg (6.88%), Vitamin C: 4.85mg (5.88%), Vitamin B3: 1.15mg (5.73%), Zinc: 0.73mg (4.89%), Vitamin B5: 0.48mg (4.79%), Selenium: 1.98µg (2.83%), Vitamin E: 0.33mg (2.19%)