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Spinach and Black Bean Skillet ♦♦

A delicious vegetarian skillet dish made with spinach and black beans. This recipe is packed with flavor and nutrients, making it a healthy and satisfying meal option.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	spinach
200 g	Black Beans
2 tbsp	olive oil
2 cloves	garlic
1 medium	onion

1 medium	Red Bell Pepper
1 tsp	Cumin
1 tsp	Chili powder
1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	Lime juice

Directions

Step 1

Stove

Heat olive oil in a skillet over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add garlic, onion, and red bell pepper to the skillet. Cook until vegetables are tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add spinach, black beans, cumin, chili powder, salt, and black pepper to the skillet. Cook for another 5 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Remove from heat and stir in lime juice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Oktoberfest

Passover

Christmas

Easter

Halloween

Cost

\$10 to \$20

Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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