



## Beer Simmered Beans

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 ounce kidney beans rinsed drained canned
- 15 ounce pinto beans rinsed drained canned
- 1.5 teaspoons cumin
- 2 cloves garlic minced
- 2 jalapeno minced
- 1 cup beer light
- 0.3 teaspoon salt

## Equipment

sauce pan

## Directions

Combine pinto beans, kidney beans, beer, jalapenos, garlic, cumin, and salt in a large saucepan. Simmer for 10 minutes.

Serve warm or chilled.

## Nutrition Facts



## Properties

Glycemic Index:27.33, Glycemic Load:7.04, Inflammation Score:-4, Nutrition Score:8.0191304424535%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 131.65kcal (6.58%), Fat: 0.79g (1.21%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 15.55g (5.65%), Sugar: 2.28g (2.54%), Cholesterol: 0mg (0%), Sodium: 471mg (20.48%), Alcohol: 1.22g (100%), Alcohol %: 0.82% (100%), Protein: 7.25g (14.5%), Fiber: 7.22g (28.88%), Manganese: 0.47mg (23.61%), Phosphorus: 150.29mg (15.03%), Iron: 2.3mg (12.78%), Magnesium: 49.4mg (12.35%), Potassium: 412.69mg (11.79%), Copper: 0.23mg (11.55%), Folate: 39.14µg (9.78%), Vitamin C: 6.95mg (8.42%), Vitamin B1: 0.12mg (8.06%), Vitamin B6: 0.16mg (7.83%), Calcium: 62.52mg (6.25%), Zinc: 0.88mg (5.88%), Vitamin K: 5.3µg (5.05%), Vitamin B2: 0.07mg (4.16%), Vitamin E: 0.6mg (4.02%), Vitamin B3: 0.78mg (3.92%), Vitamin B5: 0.22mg (2.21%), Selenium: 1.12µg (1.61%), Vitamin A: 56.75IU (1.13%)