



 **53%**  
HEALTH SCORE

## Best Ever Pinto Beans

 **Gluten Free**  **Dairy Free**

READY IN



**430 min.**

SERVINGS



**6**

CALORIES



**370 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar
- 6.5 ounce tomato sauce canned
- 1 pound pinto beans dried
- 1 teaspoon kosher salt
- 1 ham hock smoked
- 6 cups water as needed to cover

### Equipment

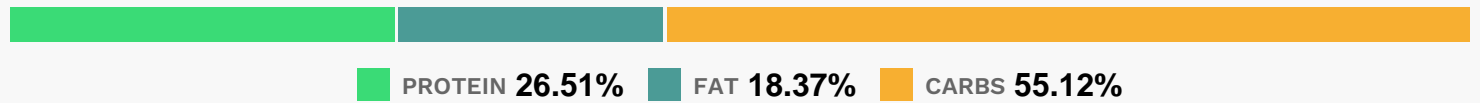
- bowl

pot

## Directions

- Cover pinto beans with water in a large bowl. Soak beans for 4 hours, changing water every 30 to 45 minutes.
- Drain.
- Bring 6 cups water to a boil in a large pot.
- Add pinto beans, ham hock, and kosher salt to the pot.
- Pour in more water if needed to cover ingredients by at least 1 inch.
- Reduce heat to medium-low and simmer until beans are just tender, 2 to 3 hours.
- Remove ham hock from beans; cut meat from the bone, chop the ham, and return to pot.
- Stir tomato sauce and brown sugar into the beans. Continue to simmer until beans are tender and flavors are blended, about 1 more hour.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:14.4, Inflammation Score:-8, Nutrition Score:22.251739056214%

## Flavonoids

Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 370.23kcal (18.51%), Fat: 7.54g (11.6%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 50.88g (16.96%), Net Carbohydrates: 38.7g (14.07%), Sugar: 4.63g (5.14%), Cholesterol: 30.88mg (10.29%), Sodium: 625.45mg (27.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.94%), Folate: 399.68µg (99.92%), Fiber: 12.18g (48.71%), Manganese: 0.9mg (45.15%), Copper: 0.75mg (37.48%), Vitamin B1: 0.55mg (36.43%), Potassium: 1251.03mg (35.74%), Magnesium: 140.22mg (35.05%), Phosphorus: 319.08mg (31.91%), Selenium: 21.3µg (30.43%), Iron: 4.6mg (25.58%), Vitamin B6: 0.39mg (19.46%), Zinc: 1.82mg (12.11%), Vitamin B2: 0.18mg (10.6%), Calcium: 104.39mg (10.44%), Vitamin C: 6.91mg (8.38%), Vitamin B5: 0.69mg (6.91%), Vitamin B3: 1.19mg (5.97%), Vitamin K: 5.09µg (4.85%), Vitamin E: 0.6mg (4.01%), Vitamin A: 132.98IU (2.66%)