

## Boyd's Pinto Beans

 Gluten Free  Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

### Ingredients

- 1 pound pinto beans dry
- 0.3 pound pork neck bones smoked
- 2 tablespoons shortening
- 4 cups water

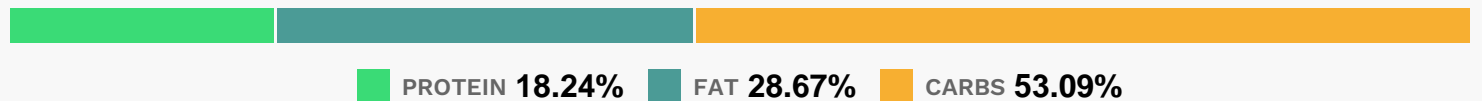
### Equipment

- sauce pan
- pot

## Directions

- Place the pinto beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour.
- Drain and rinse before using.
- Bring the neck bones to a boil with 4 cups of water in a large saucepan. Reduce heat to medium-high; simmer 20 to 30 minutes.
- Pour the drained beans into the simmering water with the neck bones; add additional water to just cover the beans. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer 1 hour. Make sure that the water level continues to cover the beans as they cook; use more water as needed. After 1 hour, stir in the shortening; continue simmering until the beans are tender, about 30 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:3.92, Glycemic Load:3.06, Inflammation Score:-4, Nutrition Score:7.7134781557581%

## Nutrients (% of daily need)

Calories: 145.82kcal (7.29%), Fat: 4.76g (7.32%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 13.02g (4.73%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 8.81mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Folate: 130.03µg (32.51%), Fiber: 6.8g (27.22%), Manganese: 0.34mg (17.12%), Phosphorus: 111.13mg (11.11%), Magnesium: 39.38mg (9.84%), Vitamin B1: 0.15mg (9.78%), Copper: 0.19mg (9.54%), Potassium: 329.61mg (9.42%), Iron: 1.58mg (8.79%), Vitamin B6: 0.17mg (8.66%), Selenium: 4.69µg (6.7%), Vitamin E: 0.97mg (6.48%), Zinc: 0.76mg (5.04%), Vitamin K: 4.92µg (4.68%), Calcium: 39.55mg (3.95%), Vitamin B2: 0.05mg (2.76%), Vitamin B5: 0.19mg (1.88%), Vitamin B3: 0.24mg (1.2%)