



Buzz's Pot of Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon cut into 1-inch pieces
- 3 chicken stock cube
- 3 tablespoons chili powder
- 0.5 pound black beans dried
- 1 pound pinto beans dried
- 10 garlic clove
- 0.5 teaspoon ground pepper red
- 2 teaspoons pepper black

- 6 cups onion divided chopped
- 0.5 pound kidney beans dried red
- 1 tablespoon salt
- 14 cups water

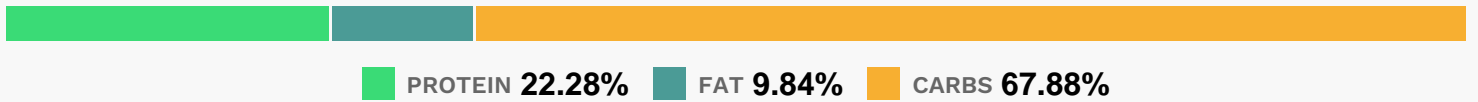
Equipment

- dutch oven

Directions

- Combine beans and water to cover 3 inches in a large Dutch oven; soak 8 hours.
- Drain.
- Combine beans, 14 cups water, 4 cups chopped onion, garlic, and remaining ingredients. Bring to a boil over high heat. Reduce heat, cover, and simmer, stirring occasionally, 1 hour.
- Add remaining chopped onion, and cook, covered, 2 hours or until beans are tender, adding more water, as needed.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:12.09, Inflammation Score:-9, Nutrition Score:24.106956301824%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg Malvidin: 2.01mg, Malvidin: 2.01mg, Malvidin: 2.01mg, Malvidin: 2.01mg Pelargonidin: 0.91mg, Pelargonidin: 0.91mg, Pelargonidin: 0.91mg, Pelargonidin: 0.91mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg

Nutrients (% of daily need)

Calories: 327.38kcal (16.37%), Fat: 3.66g (5.63%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 56.82g (18.94%), Net Carbohydrates: 42.94g (15.61%), Sugar: 5.34g (5.93%), Cholesterol: 3.76mg (1.25%), Sodium: 914.6mg (39.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.3%), Folate: 373.13µg (93.28%), Fiber: 13.88g (55.51%), Manganese: 1.07mg (53.55%), Vitamin B1: 0.62mg (41.21%), Copper: 0.74mg (36.95%), Potassium: 1249.71mg (35.71%), Magnesium: 141.22mg (35.31%), Phosphorus: 341.99mg (34.2%), Iron: 4.76mg (26.46%), Vitamin B6: 0.5mg (24.79%), Selenium: 14.33µg (20.47%), Zinc: 2.43mg (16.21%), Vitamin A: 636.59IU (12.73%), Vitamin B2: 0.21mg (12.38%), Calcium: 123.56mg (12.36%), Vitamin C: 10.02mg (12.15%), Vitamin B3: 1.81mg (9.06%), Vitamin B5: 0.79mg (7.86%), Vitamin K: 7.32µg (6.97%), Vitamin E: 1mg (6.64%)