



## Charro Beans

 Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



12

CALORIES



172 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon coarse salt
- 3 cups cilantro leaves fresh chopped
- 3 cloves garlic minced
- 1.5 teaspoons coarsely ground pepper black
- 45 oz no-salt-added pinto beans drained and rinsed canned
- 1 slice bacon thick-cut
- 2 small tomatoes diced
- 2 cups vegetable broth unsalted

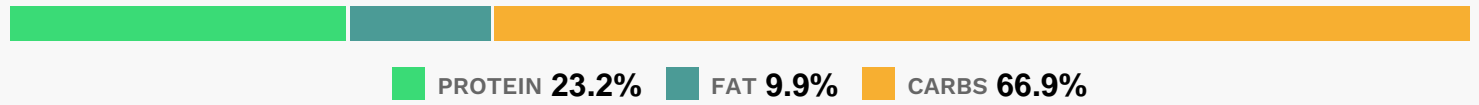
## Equipment

- paper towels
- pot

## Directions

- In a large saucepot, cook bacon over medium heat until crisp.
- Drain on paper towels and crumble.
- Add garlic to same pot, reduce heat to medium-low and cook, stirring, until golden, 2 to 3 minutes.
- Stir in crumbled bacon, tomatoes, beans, broth, salt, pepper and half of cilantro. Cover and bring to a boil. Uncover slightly, reduce heat to maintain a simmer and cook for 15 minutes. Stir in remaining cilantro.

## Nutrition Facts



## Properties

Glycemic Index:16.71, Glycemic Load:4.79, Inflammation Score:-7, Nutrition Score:12.611738933817%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 171.89kcal (8.59%), Fat: 1.94g (2.99%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 19.62g (7.13%), Sugar: 1.14g (1.26%), Cholesterol: 1.98mg (0.66%), Sodium: 277.26mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.5%), Folate: 187.67µg (46.92%), Fiber: 9.94g (39.76%), Manganese: 0.56mg (28.05%), Vitamin K: 17.74µg (16.9%), Phosphorus: 167.7mg (16.77%), Potassium: 532.59mg (15.22%), Vitamin B1: 0.22mg (14.9%), Magnesium: 56.84mg (14.21%), Vitamin B6: 0.28mg (13.98%), Iron: 2.38mg (13.24%), Copper: 0.26mg (12.88%), Selenium: 7.35µg (10.5%), Vitamin A: 482.23IU (9.64%), Vitamin E: 1.2mg (7.98%), Zinc: 1.13mg (7.57%), Calcium: 55.77mg (5.58%), Vitamin C: 4.24mg (5.14%), Vitamin B2: 0.08mg (4.65%), Vitamin B3: 0.6mg (3.01%), Vitamin B5: 0.28mg (2.84%)