



Chuckwagon Pinto Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce pinto beans dried drained
- ☐ 0.5 bell pepper red
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon salt
- ☐ 0.5 pound salt pork cut into 1-inch cubes

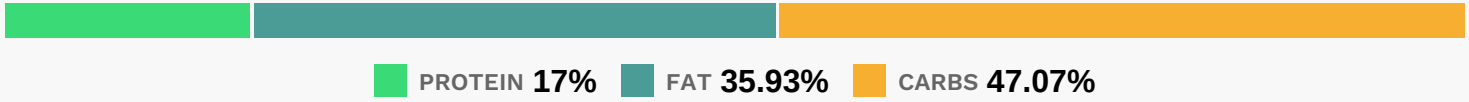
Equipment

- ☐ dutch oven

Directions

- ☐ Place prepared pinto beans in a large Dutch oven.
- ☐ Add salt pork cubes, salt, pepper, and red pepper pod.
- ☐ Add water to cover 3 inches above beans. Cover and bring water to a boil; reduce heat, and simmer for 3 hours or until beans are tender.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:13.94, Inflammation Score:-8, Nutrition Score:21.861304130243%

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 Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 405.2kcal (20.26%), Fat: 16.16g (24.86%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 35.8g (13.02%), Sugar: 1.8g (2%), Cholesterol: 16.25mg (5.42%), Sodium: 1097.92mg (47.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.41%), Folate: 399.38µg (99.84%), Fiber: 11.84g (47.37%), Manganese: 0.89mg (44.32%), Vitamin B1: 0.58mg (38.83%), Copper: 0.69mg (34.35%), Magnesium: 135.13mg (33.78%), Phosphorus: 321.96mg (32.2%), Selenium: 22.2µg (31.71%), Potassium: 1077.25mg (30.78%), Iron: 3.95mg (21.95%), Vitamin B6: 0.39mg (19.41%), Vitamin C: 11.11mg (13.47%), Zinc: 1.91mg (12.72%), Vitamin B2: 0.18mg (10.36%), Calcium: 87.64mg (8.76%), Vitamin B5: 0.65mg (6.49%), Vitamin B3: 1.24mg (6.22%), Vitamin K: 4.61µg (4.39%), Vitamin A: 155.7IU (3.11%), Vitamin E: 0.24mg (1.59%)