



Colombian-Style Beans

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

READY IN



1545 min.

SERVINGS



45

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon chopped
- 0.5 cup sofrito sauce base (recañto)
- 1 large plantains green peeled chopped
- 2 cups kidney beans dried red

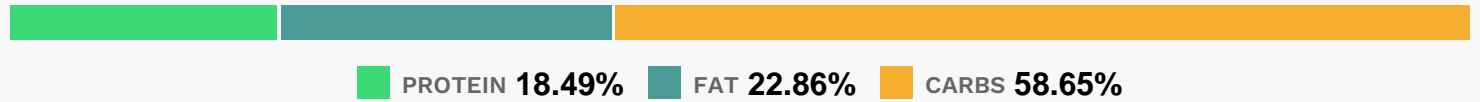
Equipment

- frying pan
- pot

Directions

- Wash beans well; place in large saucepot.
- Add enough water to cover beans by 2 inches.
- Let soak overnight.
- Drain beans; return to saucepot.
- Add enough water to cover beans by 2 inches. Bring to boil over medium-high heat. Reduce heat to medium-low; simmer 1 hour.
- Combine bacon, sofrito and plantains in medium skillet; cook on medium heat 5 min., stirring occasionally.
- Add to beans in saucepot; simmer an additional 30 min., adding more water if needed. (Beans should be soupy when served.)

Nutrition Facts



Properties

Glycemic Index:0.82, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:2.2713043445154%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg

Nutrients (% of daily need)

Calories: 49.04kcal (2.45%), Fat: 1.26g (1.93%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 5.92g (2.15%), Sugar: 0.87g (0.97%), Cholesterol: 1.94mg (0.65%), Sodium: 52.02mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Folate: 33.33µg (8.33%), Fiber: 1.33g (5.32%), Manganese: 0.1mg (4.78%), Vitamin B1: 0.06mg (4.12%), Phosphorus: 38.66mg (3.87%), Potassium: 134.09mg (3.83%), Magnesium: 13.27mg (3.32%), Iron: 0.59mg (3.27%), Copper: 0.06mg (3.15%), Vitamin B6: 0.04mg (2.15%), Zinc: 0.27mg (1.8%), Vitamin B3: 0.31mg (1.56%), Vitamin C: 1.17mg (1.42%), Vitamin B2: 0.02mg (1.41%), Selenium: 0.85µg (1.22%), Vitamin B5: 0.1mg (1.01%)