



 12%  
HEALTH SCORE

## Crockpot "Refried" Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



16

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp pepper black
- 2 tsp cumin
- 4 Tbsp garlic jarred minced
- 1 large onion chopped
- 2 lbs pinto beans
- 1 Tbsp salt (This is the absolute max if you don't pre-soak your beans.)
- 10 cups water hot

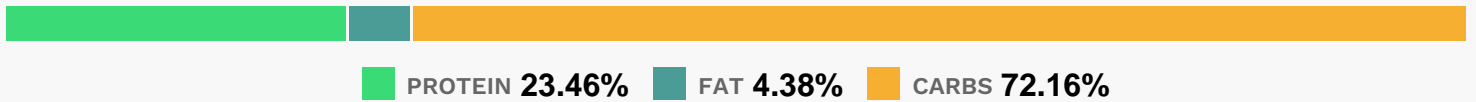
### Equipment

- potato masher
- ziploc bags
- slow cooker
- colander

## Directions

- Rinse the beans in a colander. Pick out any bad beans.
- Combine all the ingredients in the crockpot.
- Remove any floating beans. Cover, and cook on HIGH for 4 hours and on LOW for 2 hours. Uncover, and remove extra liquid. Leave enough liquid to reach the desired consistency when the beans are mashed. (We like our beans somewhere between the very-liquid restaurant style beans, and the canned version of refried beans.) Mash beans with a potato masher to desired consistency.
- Serve warm. Store in air-tight containers in the refrigerator and use within 2 weeks, or freeze in ziplock bags for later use.

## Nutrition Facts



## Properties

Glycemic Index: 7.34, Glycemic Load: 2.69, Inflammation Score: -4, Nutrition Score: 6.3752173913043%

## Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

## Taste

Sweetness: 23.28%, Saltiness: 77.22%, Sourness: 36.16%, Bitterness: 100%, Savoriness: 13.37%, Fattiness: 9.79%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 89.06kcal (4.45%), Fat: 0.45g (0.69%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 11.23g (4.08%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 445.15mg (19.35%), Protein: 5.4g (10.79%), Folate: 99.41µg (24.85%), Fiber: 5.36g (21.45%), Manganese: 0.33mg (16.39%), Phosphorus: 90.57mg

(9.06%), Vitamin B6: 0.17mg (8.37%), Magnesium: 32.41mg (8.1%), Copper: 0.16mg (8.08%), Vitamin B1: 0.12mg (7.96%), Iron: 1.42mg (7.89%), Potassium: 275.14mg (7.86%), Selenium: 3.87µg (5.52%), Zinc: 0.62mg (4.16%), Calcium: 39.45mg (3.94%), Vitamin E: 0.55mg (3.64%), Vitamin B2: 0.04mg (2.41%), Vitamin C: 1.79mg (2.17%), Vitamin K: 2.27µg (2.17%), Vitamin B5: 0.14mg (1.44%), Vitamin B3: 0.22mg (1.09%)