



Dressed-Up Refried Beans

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- 6 pickled jalapeño peppers whole
- 6 cubes monterrey jack cheese reduced-fat (3/4-inch)
- 32 oz refried beans fat-free canned

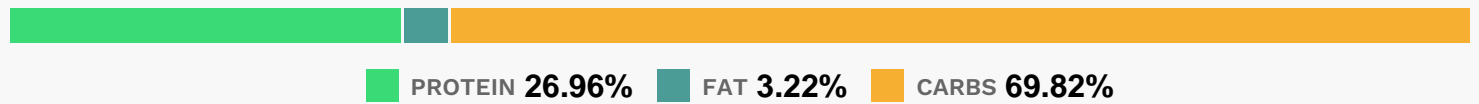
Equipment

- baking sheet
- oven
- ramekin
- baking pan

Directions

- Spoon refried beans evenly into 6 (6-oz.) lightly greased ramekins or custard cups. Top each with 1 cheese cube, pressing gently into center of beans. Top beans with 1 jalapeo pepper.
- Place ramekins on a baking sheet.
- Bake at 350 for 30 minutes or until cheese is melted and beans are heated.
- Note: If you prefer, spread beans into a lightly greased 8- x 8-inch baking dish. Top with cheese cubes and jalapeo peppers, pressing gently into beans.
- Bake as directed.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:4.08, Inflammation Score:-3, Nutrition Score:3.6117390546462%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 109.09kcal (5.45%), Fat: 0.35g (0.55%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 10.55g (3.84%), Sugar: 4.36g (4.85%), Cholesterol: 0.89mg (0.3%), Sodium: 875.81mg (38.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Fiber: 6.74g (26.97%), Vitamin C: 16.6mg (20.13%), Iron: 1.4mg (7.79%), Calcium: 59.04mg (5.9%), Vitamin A: 284.1IU (5.68%), Vitamin E: 0.5mg (3.36%), Vitamin B6: 0.06mg (2.97%), Vitamin K: 2.62µg (2.49%), Potassium: 35.53mg (1.02%)