

Easy 'Charro' Beans



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup add carrot and onion to bacon fat . cook
- ☐ 0.5 pound bacon strips
- ☐ 80 ounce pinto beans rinsed drained canned
- ☐ 1 chipotle pepper whole
- ☐ 0.3 pound chorizo sausage crumbled
- ☐ 0.5 pound ham diced cooked
- ☐ 2 cloves garlic with a fork
- ☐ 1 large onion finely chopped

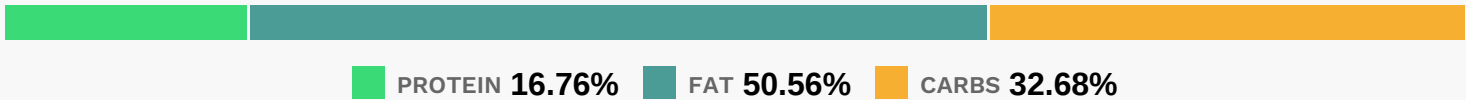
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Fry bacon strips in a large skillet over medium heat until crisp. With a slotted spoon, remove bacon to paper towels. Reserve 1/2 cup bacon drippings.
- ☐ Place drippings in a large pot, and warm over medium heat. Fry onions until light brown. Stir in ham and chorizo. Reserve 1 cup of beans, and add the rest to the pot, along with the chipotle and garlic.
- ☐ Mash the reserved beans, then add to the pot. Simmer beans until thick and soupy, about 30 minutes. (If the beans become too dry, stir in water).
- ☐ Remove chipotle and garlic, and serve.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:11.16, Inflammation Score:-5, Nutrition Score:15.193912977758%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 447.93kcal (22.4%), Fat: 25.3g (38.93%), Saturated Fat: 9.21g (57.57%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 25.91g (9.42%), Sugar: 3.25g (3.61%), Cholesterol: 50.76mg (16.92%), Sodium: 1039.06mg (45.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Fiber: 10.9g (43.6%), Manganese: 0.76mg (38.19%), Phosphorus: 312.8mg (31.28%), Potassium: 758.9mg (21.68%), Iron: 3.79mg (21.03%), Magnesium: 83.98mg (20.99%), Vitamin B1: 0.31mg (20.59%), Copper: 0.41mg (20.52%), Vitamin B6: 0.31mg (15.58%), Folate:

57.98µg (14.49%), Zinc: 2.09mg (13.93%), Selenium: 9.21µg (13.16%), Vitamin C: 10.23mg (12.4%), Vitamin B3: 2.35mg (11.74%), Calcium: 115.91mg (11.59%), Vitamin E: 1.46mg (9.76%), Vitamin B12: 0.43µg (7.22%), Vitamin B2: 0.11mg (6.67%), Vitamin B5: 0.65mg (6.54%), Vitamin K: 4.83µg (4.6%), Vitamin D: 0.39µg (2.58%), Vitamin A: 65.89IU (1.32%)