



## Easy Refried Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 10 ounce canned tomatoes diced green undrained canned
- 6 servings garnish: parsley sprig fresh
- 32 ounce refried beans canned
- 4 ounces mexican cheese blend shredded
- 1.3 ounce taco seasoning

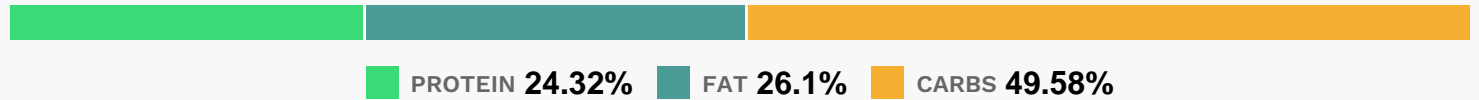
### Equipment

- oven
- baking pan

## Directions

- Stir together first 3 ingredients, and spoon into a lightly greased 2-quart baking dish.
- Sprinkle with cheese blend.
- Bake at 350 for 20 minutes or until thoroughly heated.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:4.92, Inflammation Score:-7, Nutrition Score:10.533043389735%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 196.63kcal (9.83%), Fat: 5.55g (8.54%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 15.24g (5.54%), Sugar: 7.23g (8.04%), Cholesterol: 17.95mg (5.98%), Sodium: 1525.22mg (66.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.28%), Vitamin K: 68.58µg (65.31%), Fiber: 8.49g (33.96%), Vitamin A: 1242.64IU (24.85%), Calcium: 196.03mg (19.6%), Iron: 2.73mg (15.18%), Vitamin C: 12.32mg (14.94%), Phosphorus: 100.22mg (10.02%), Vitamin B2: 0.09mg (5.21%), Potassium: 176.66mg (5.05%), Zinc: 0.74mg (4.93%), Copper: 0.1mg (4.86%), Manganese: 0.1mg (4.85%), Selenium: 3.12µg (4.46%), Vitamin E: 0.67mg (4.45%), Vitamin B6: 0.09mg (4.3%), Magnesium: 16.17mg (4.04%), Vitamin B12: 0.23µg (3.87%), Folate: 14.68µg (3.67%), Vitamin B3: 0.65mg (3.26%), Vitamin B1: 0.04mg (2.88%), Vitamin B5: 0.19mg (1.94%)