



Extra Spicy Refried Beans and Lettuce, Tomatoes and Lime



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 4 servings coarse salt
- ☐ 1 teaspoon garlic powder
- ☐ 4 ounce jalapeños drained sliced chopped
- ☐ 1 juice of lime juiced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon cayenne pepper sauce hot
- ☐ 30 ounce refried beans canned

- ☐ 2 hearts romaine lettuce shredded
- ☐ 2 vine tomatoes diced ripe seeded

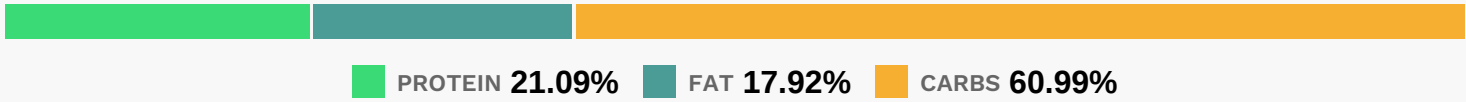
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat canned refried beans in a medium skillet over medium heat. Stir chopped jalapeno, cayenne hot sauce and garlic powder into refried beans. Reduce heat to low and keep warm until ready to serve.
- ☐ Combine lettuce and tomatoes in a bowl. Squeeze the juice of 1 lime over the bowl and season the lettuce and tomatoes with salt. Toss to combine.
- ☐ Drizzle extra-virgin olive oil over the bowl and toss lettuce and tomatoes again.
- ☐ Serve refried beans along side lettuce and tomatoes.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:6.53, Inflammation Score:-10, Nutrition Score:17.485217304333%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 208.24kcal (10.41%), Fat: 3.99g (6.15%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 18.7g (6.8%), Sugar: 8.97g (9.97%), Cholesterol: 0mg (0%), Sodium: 1425.63mg (61.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.15%), Vitamin A: 6127.33IU (122.55%), Vitamin K: 70.57µg (67.21%), Vitamin C: 46.95mg (56.91%), Fiber: 11.88g (47.53%), Folate: 95.35µg (23.84%), Iron: 2.81mg

(15.6%), Vitamin E: 2.1mg (13.97%), Vitamin B6: 0.24mg (11.86%), Potassium: 383.48mg (10.96%), Manganese: 0.2mg (10.22%), Calcium: 100.9mg (10.09%), Vitamin B1: 0.08mg (5.44%), Magnesium: 20.87mg (5.22%), Vitamin B3: 0.97mg (4.83%), Vitamin B2: 0.08mg (4.48%), Phosphorus: 44.7mg (4.47%), Copper: 0.08mg (4.22%), Vitamin B5: 0.24mg (2.39%), Zinc: 0.32mg (2.1%)