



Fab-u-lous Refried Beans!

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



131 kcal

SIDE DISH

Ingredients

- 15 ounce pinto beans drained and rinsed canned
- 1 cup chicken broth divided
- 2 teaspoons chili powder
- 2 tablespoons cilantro leaves fresh chopped to taste
- 2 cloves garlic chopped
- 2 tablespoons olive oil
- 0.5 onion red chopped

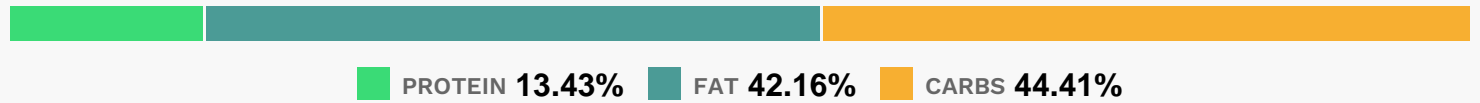
Equipment

frying pan

Directions

- Heat olive oil in a nonstick pan; cook and stir red onion, cilantro, garlic, and chili powder until onion is softened, about 5 minutes.
- Cook and stir pinto beans and about 2/3 cup chicken broth into onion mixture until heated through, about 5 minutes. Mash pinto beans with the back of a spoon.
- Add remaining chicken broth and simmer until desired consistency.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:4.39, Inflammation Score:-4, Nutrition Score:5.7343478189862%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 130.54kcal (6.53%), Fat: 6.31g (9.7%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 10.54g (3.83%), Sugar: 1.61g (1.79%), Cholesterol: 0.94mg (0.31%), Sodium: 416.25mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Fiber: 4.41g (17.63%), Manganese: 0.34mg (17.03%), Vitamin E: 1.62mg (10.82%), Phosphorus: 87.63mg (8.76%), Iron: 1.5mg (8.33%), Copper: 0.16mg (8.05%), Potassium: 280.56mg (8.02%), Magnesium: 31.17mg (7.79%), Vitamin K: 6.56µg (6.25%), Folate: 22.86µg (5.72%), Vitamin B6: 0.11mg (5.4%), Vitamin A: 249.26IU (4.99%), Calcium: 49.36mg (4.94%), Vitamin B1: 0.06mg (4.24%), Zinc: 0.58mg (3.85%), Vitamin B2: 0.05mg (3.14%), Vitamin B3: 0.45mg (2.23%), Vitamin C: 1.83mg (2.22%), Vitamin B5: 0.15mg (1.49%)