



Fideos con Frijoles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

Ingredients

- 15 ounce pinto beans rinsed drained canned
- 2 tablespoons cilantro leaves chopped
- 28 ounce less-sodium chicken broth fat-free canned
- 3 garlic cloves minced
- 0.5 cup green onions chopped
- 0.3 teaspoon chipotle chili powder
- 1 teaspoon ground cumin
- 2 ounces cheddar cheese shredded reduced-fat

- 1 tablespoon olive oil
- 6 ounces vermicelli
- 0.5 teaspoon salt
- 1 serrano chiles minced seeded
- 1 cup tomatoes fresh chopped
- 1 cup onion white chopped

Equipment

- bowl
- frying pan

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add pasta; cook 4 minutes or until brown, stirring frequently.
- Add white onion, garlic, and serrano; cook 1 minute or until fragrant, stirring constantly.
- Add cumin and ground chipotle chile; cook 30 seconds, stirring constantly.
- Add salt, broth, and beans; increase heat to medium-high. Bring to a boil; reduce heat, and simmer 12 minutes or until pasta is done.
- Remove from heat; stir in tomato and cilantro. Divide evenly among 4 bowls; top each with 2 tablespoons green onions and 2 tablespoons cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:26.81, Inflammation Score:-7, Nutrition Score:14.604347699362%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg

Nutrients (% of daily need)

Calories: 338.17kcal (16.91%), Fat: 5.95g (9.15%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 52.1g (18.94%), Sugar: 4.52g (5.03%), Cholesterol: 2.98mg (0.99%), Sodium: 1560.44mg (67.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Manganese: 0.75mg (37.37%), Vitamin K: 34.4µg (32.76%), Fiber: 7.23g (28.91%), Phosphorus: 285.48mg (28.55%), Selenium: 13.5µg (19.28%), Iron: 3mg (16.65%), Potassium: 582.36mg (16.64%), Calcium: 155.96mg (15.6%), Copper: 0.31mg (15.45%), Vitamin C: 12.63mg (15.3%), Magnesium: 58mg (14.5%), Folate: 52.14µg (13.04%), Vitamin B6: 0.25mg (12.26%), Vitamin A: 536.23IU (10.72%), Vitamin E: 1.48mg (9.85%), Zinc: 1.45mg (9.66%), Vitamin B3: 1.91mg (9.53%), Vitamin B1: 0.13mg (8.8%), Vitamin B12: 0.47µg (7.77%), Vitamin B2: 0.13mg (7.76%), Vitamin B5: 0.54mg (5.41%)