

Frijoles Chinos o Fritos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon garlic finely chopped
- 0.5 cup queso fresco crumbled
- 0.3 cup safflower oil
- 0.5 teaspoon sea salt
- 0.3 cup onion white finely chopped
- 2.5 cups frangelico drained
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Equipment

- frying pan
- potato masher

Directions

- Heat the lard in a skillet over medium-high heat.
- Add the onion and fry, stirring often, until lightly browned, 4 to 5 minutes.
- Add the garlic and beans and begin to smash the beans with a bean or potato masher until they are pastelike but still have some lumps. Stir in the broth and salt and continue to smash and stir occasionally, for about 5 minutes. When the bean mixture begins to spew and sputter, lower the heat and cook, stirring occasionally, until the bottom of the pan stays clear for a moment when scraped with a spoon, another 5 to 7 minutes.
- Serve hot, and, if you want, sprinkle on the cheese.
- From La Cocina Mexicana: Many Cultures, One Cuisine by Marilyn Tausend with Ricardo Muñoz Zurita, © 2012 University of California Press

Nutrition Facts

PROTEIN 6.69% **FAT 89.81%** **CARBS 3.5%**

Properties

Glycemic Index:9.5, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.191304349219%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 113.73kcal (5.69%), Fat: 11.51g (17.71%), Saturated Fat: 2g (12.5%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.52g (0.58%), Cholesterol: 7.01mg (2.34%), Sodium: 270.45mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin E: 3.14mg (20.91%), Calcium: 59.65mg (5.96%), Phosphorus: 41.46mg (4.15%), Selenium: 2.03µg (2.9%), Vitamin B12: 0.17µg (2.85%), Zinc: 0.28mg (1.85%), Vitamin D: 0.27µg (1.83%), Vitamin A: 82.1IU (1.64%), Vitamin B2: 0.02mg (1.16%)