

Frijoles de Olla

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

Ingredients

- 2 cups pinto beans dry rinsed
- 2 teaspoons salt
- 10 cups water
- 2 tablespoons frangelico
- 2 tablespoons frangelico

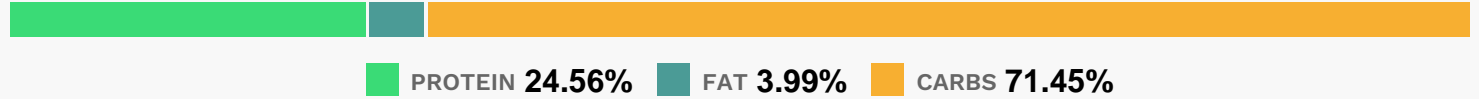
Equipment

- pot

Directions

- Measure water and lard into a large pot. Bring to a boil and add beans. Cook over medium heat for 2 to 2 1/2 hours. Season with salt and continue cooking until tender, about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:4.3917391235414%

Nutrients (% of daily need)

Calories: 61.13kcal (3.06%), Fat: 0.28g (0.43%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 7.36g (2.68%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 596.58mg (25.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Folate: 73.53µg (18.38%), Fiber: 3.85g (15.39%), Manganese: 0.2mg (9.76%), Copper: 0.14mg (7.07%), Phosphorus: 62.84mg (6.28%), Magnesium: 24.35mg (6.09%), Vitamin B1: 0.08mg (5.5%), Potassium: 186.51mg (5.33%), Iron: 0.9mg (4.99%), Vitamin B6: 0.1mg (4.89%), Selenium: 2.65µg (3.79%), Zinc: 0.45mg (3%), Calcium: 28.9mg (2.89%), Vitamin E: 0.4mg (2.68%), Vitamin B2: 0.03mg (1.56%), Vitamin K: 1.5µg (1.42%)