



Frijoles I



Vegetarian



Gluten Free

READY IN



270 min.

SERVINGS



15

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup butter
- ☐ 1 clove garlic minced
- ☐ 2 onions diced
- ☐ 1.5 teaspoons pepper
- ☐ 1 pound pinto beans dry
- ☐ 2 teaspoons salt
- ☐ 1 cup cheddar cheese shredded

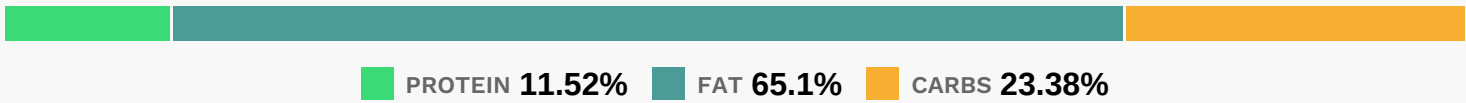
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Soak pinto beans overnight in 1 quart of water.
- ☐ Place beans into a large saucepan, and add water to cover.
- ☐ Add onions, garlic, salt and pepper. Bring to a boil, then simmer over medium-low heat until beans are tender, about 1 to 2 hours.
- ☐ Add additional water to the pan as needed to prevent burning.
- ☐ Mash the beans with a potato masher, and mix in the butter. Continue cooking, stirring occasionally, until the mixture is thickened and the butter is absorbed. Adjust seasonings to taste.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread the bean mixture into a 9x13 inch baking dish, and sprinkle shredded cheese over the top.
- ☐ Bake for 15 minutes, or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:4.8360869340275%

Flavonoids

Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 162.02kcal (8.1%), Fat: 11.98g (18.44%), Saturated Fat: 7.33g (45.82%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.76g (0.84%), Cholesterol: 31.94mg (10.65%), Sodium: 433.28mg (18.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Folate: 56.76µg (14.19%), Fiber: 3.03g (12.1%), Manganese: 0.19mg (9.32%), Phosphorus: 86.55mg (8.66%), Calcium: 74.71mg (7.47%), Vitamin A: 360.53IU (7.21%), Selenium: 4.23µg (6.05%), Magnesium: 19.25mg (4.81%), Vitamin B6: 0.1mg (4.77%), Potassium: 165.31mg (4.72%), Vitamin B1: 0.07mg (4.57%), Zinc: 0.61mg (4.09%), Vitamin E: 0.61mg (4.06%), Copper: 0.08mg (3.9%), Iron: 0.7mg (3.9%), Vitamin B2: 0.06mg (3.55%), Vitamin K: 2.42µg (2.31%), Vitamin C: 1.39mg (1.68%), Vitamin B12: 0.1µg (1.65%), Vitamin B5: 0.13mg (1.29%)