



Frijoles II



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon smoked
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons onion finely chopped
- ☐ 1.5 cups pinto beans dry
- ☐ 4 servings salt to taste
- ☐ 2 cups water
- ☐ 0.5 teaspoon sugar white

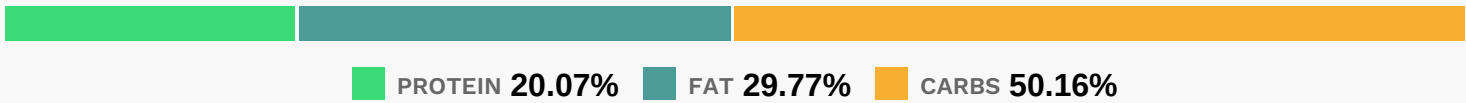
Equipment

- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Place the beans, sugar, garlic, onion, and bacon into a slow cooker.
- ☐ Pour in the water, cover, and cook on High for 6 hours.
- ☐ Drain off 2/3 of the liquid, and discard bacon. Use a potato masher to mash beans to a chunky consistency. Season with salt to taste, and serve hot.

Nutrition Facts



Properties

Glycemic Index:37.65, Glycemic Load:3.12, Inflammation Score:-4, Nutrition Score:7.2878260891075%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 142.61kcal (7.13%), Fat: 4.79g (7.37%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 12.3g (4.47%), Sugar: 0.94g (1.04%), Cholesterol: 7.26mg (2.42%), Sodium: 273.5mg (11.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Folate: 111.27µg (27.82%), Fiber: 5.87g (23.49%), Manganese: 0.31mg (15.56%), Phosphorus: 112.7mg (11.27%), Vitamin B1: 0.16mg (10.53%), Vitamin B6: 0.19mg (9.57%), Selenium: 6.32µg (9.03%), Potassium: 311.72mg (8.91%), Magnesium: 35.26mg (8.81%), Copper: 0.17mg (8.42%), Iron: 1.41mg (7.84%), Zinc: 0.79mg (5.25%), Vitamin E: 0.65mg (4.34%), Calcium: 36.23mg (3.62%), Vitamin B3: 0.66mg (3.29%), Vitamin B2: 0.05mg (3%), Vitamin K: 2.28µg (2.17%), Vitamin B5: 0.21mg (2.06%), Vitamin C: 1.12mg (1.35%)