

# Frijoles Refritos (Refried Beans)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup vegetable stock
- 4 cups black beans cooked
- 0.3 cup queso fresco finely grated
- 2 cups tortilla chips
- 0.5 cup frangelico (see Cooks' note)
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## Equipment

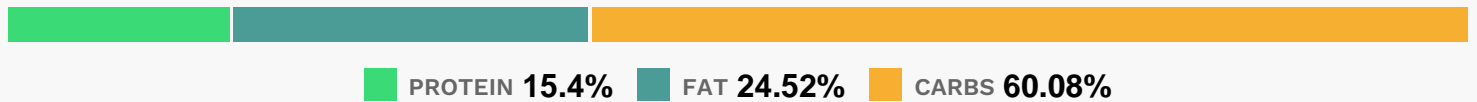
- frying pan

- potato masher
- wooden spoon
- spatula

## Directions

- In a heavy 10- to 12-inch skillet over moderate heat, heat the lard. Gradually add the cooked beans and broth as necessary and use a bean or potato masher to gently mash them, lowering the heat if necessary to prevent scorching. Using a spatula or a flat wooden spoon, continue stirring and scraping the sides of the skillet until the beans dry out slightly and have cooked down to a paste. The beans should be moist and shiny.
- Serve the beans on a platter and garnish with the Queso Fresco and tortilla chips.
- Fresh lard can be found in Mexican grocery stores and specialty food stores.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:10.78, Inflammation Score:-9, Nutrition Score:27.453478548838%

## Nutrients (% of daily need)

Calories: 698.9kcal (34.95%), Fat: 19.53g (30.04%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 107.66g (35.89%), Net Carbohydrates: 83.57g (30.39%), Sugar: 1.5g (1.67%), Cholesterol: 7.01mg (2.34%), Sodium: 643.45mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.2%), Fiber: 24.09g (96.37%), Folate: 351.62µg (87.9%), Magnesium: 227.37mg (56.84%), Phosphorus: 532.71mg (53.27%), Manganese: 1.02mg (50.98%), Vitamin B1: 0.67mg (44.75%), Iron: 6mg (33.34%), Copper: 0.56mg (27.85%), Potassium: 966.78mg (27.62%), Zinc: 3.89mg (25.93%), Calcium: 200.73mg (20.07%), Vitamin E: 2.74mg (18.29%), Vitamin K: 16.13µg (15.36%), Vitamin B6: 0.3mg (15.16%), Vitamin B5: 1.5mg (15%), Vitamin B2: 0.21mg (12.15%), Selenium: 8.09µg (11.55%), Vitamin B3: 1.8mg (9.02%), Vitamin A: 264.85IU (5.3%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.27µg (1.83%)