



Jalapeño and Lime Refried Beans



Vegetarian



Gluten Free

READY IN



400 min.

SERVINGS



8

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 5 cloves garlic minced crushed (3 , 2)
- ☐ 1 medium jalapeno minced stemmed seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 3 teaspoons lime zest grated
- ☐ 1 medium onion quartered
- ☐ 8 servings queso fresco chopped for serving, optional
- ☐ 8 servings salt and pepper
- ☐ 3 tablespoons vegetable oil

☐ 3 cups pinto beans dried cold

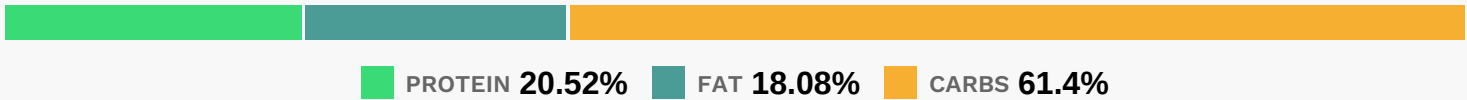
Equipment

- ☐ pot
- ☐ blender
- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Drain beans; place in slow cooker.
- ☐ Add onion and crushed garlic.
- ☐ Pour in enough water to cover. Cook, covered, until beans are tender, about 4 hours on high or 6 on low.
- ☐ Drain beans, reserving liquid. Use a potato masher, pastry blender or fork to work bean mixture into a thick, pulpy mass.
- ☐ Warm oil in a large pot over medium-high heat.
- ☐ Add minced garlic and jalapeo. Cook, stirring often, until softened, 3 to 5 minutes. Stir in mashed bean mixture and cook until warmed through, about 5 minutes.
- ☐ Add small amounts of reserved cooking liquid to thin as desired.
- ☐ Mixture should have the consistency of thick mashed potatoes.
- ☐ Remove from heat and stir in lime juice and zest. Season generously with salt and pepper. Top with queso fresco and chopped cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:13.78, Inflammation Score:-8, Nutrition Score:21.333478029655%

Flavonoids

Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 309.65kcal (15.48%), Fat: 6.26g (9.64%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 36.29g (13.2%), Sugar: 2.33g (2.59%), Cholesterol: 0.69mg (0.23%), Sodium: 211.03mg (9.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16g (32%), Folate: 383.8µg (95.95%), Fiber: 11.58g (46.34%), Manganese: 0.88mg (44.17%), Vitamin B1: 0.53mg (35.26%), Copper: 0.66mg (33.03%), Magnesium: 130.23mg (32.56%), Phosphorus: 309.55mg (30.95%), Potassium: 1048.79mg (29.97%), Selenium: 20.74µg (29.62%), Iron: 3.75mg (20.83%), Vitamin B6: 0.39mg (19.67%), Vitamin K: 13.89µg (13.23%), Vitamin C: 10.14mg (12.3%), Zinc: 1.73mg (11.53%), Vitamin B2: 0.16mg (9.6%), Calcium: 95.36mg (9.54%), Vitamin B5: 0.61mg (6.14%), Vitamin B3: 0.91mg (4.55%), Vitamin E: 0.65mg (4.36%)