



La Super-Rica Pinto Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon chopped ()
- ☐ 1 pound pinto beans dried
- ☐ 1 poblano chili stemmed rinsed seeded finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 pound linguisa sausage (Portuguese)

Equipment

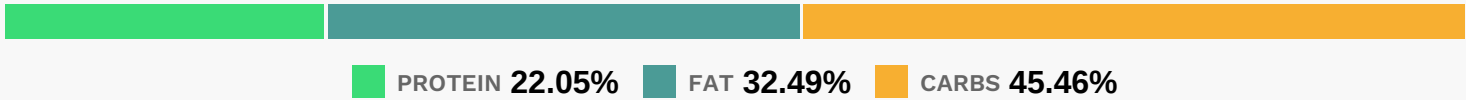
- ☐ bowl
- ☐ frying pan

☐ slotted spoon

Directions

- ☐ Sort beans and discard any debris. Rinse beans and put in a 5- to 6-quart pan.
- ☐ Add 2 1/2 quarts water. Cover and bring to a boil over high heat; reduce heat and simmer, stirring occasionally, until beans are tender to bite, 1 1/4 to 1 1/2 hours.
- ☐ Add 1 teaspoon salt.
- ☐ Meanwhile, in an 8- to 10-inch frying pan over medium-high heat, stir bacon frequently until browned, about 3 minutes. With a slotted spoon, transfer bacon to a bowl.
- ☐ Remove and discard chorizo casings. Crumble sausage into frying pan. Stir frequently until browned, 4 to 5 minutes.
- ☐ Add chili and stir until limp, 3 to 4 minutes.
- ☐ To sausage mixture, add cooked bacon and 1/2 cup bean cooking liquid; stir occasionally for 5 minutes. Stir sausage-bacon mixture into beans and simmer to blend flavors, about 5 minutes.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:8.36, Inflammation Score:-6, Nutrition Score:15.078695561575%

Flavonoids

Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 256.24kcal (12.81%), Fat: 9.21g (14.18%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 21.78g (7.92%), Sugar: 1.24g (1.38%), Cholesterol: 20.69mg (6.9%), Sodium: 426.28mg (18.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.07g (28.15%), Folate: 239.55µg (59.89%), Fiber: 7.23g

(28.93%), Vitamin B1: 0.41mg (27.39%), Manganese: 0.54mg (26.89%), Phosphorus: 228.93mg (22.89%), Copper: 0.43mg (21.54%), Magnesium: 85mg (21.25%), Potassium: 722.04mg (20.63%), Selenium: 13.98µg (19.97%), Vitamin B6: 0.33mg (16.43%), Vitamin C: 12.58mg (15.25%), Iron: 2.62mg (14.56%), Zinc: 1.62mg (10.8%), Vitamin B3: 1.92mg (9.61%), Vitamin B2: 0.13mg (7.79%), Vitamin B5: 0.56mg (5.57%), Calcium: 54.96mg (5.5%), Vitamin B12: 0.23µg (3.76%), Vitamin K: 3.51µg (3.34%), Vitamin D: 0.32µg (2.14%), Vitamin E: 0.21mg (1.41%), Vitamin A: 63.48IU (1.27%)