



Luscious Turkey Bacon Refried Beans

 **Gluten Free**  **Dairy Free**

READY IN



140 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- 15.5 ounce black beans with liquid canned
- 1 cup chicken stock see as needed (more)
- 1 cup cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 0.5 teaspoon ground pepper fresh black to taste
- 0.5 jalapeno fresh minced seeded
- 1 medium onion finely chopped
- 1 teaspoon salt to taste

3 slices at least of turkey bacon diced

Equipment

sauce pan

potato masher

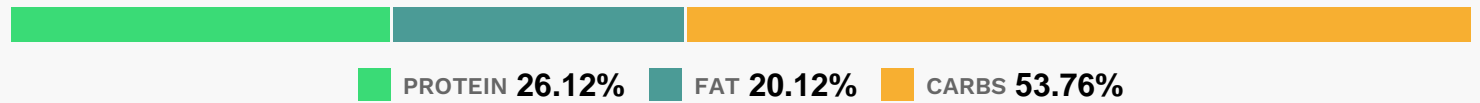
Directions

Place turkey bacon, onion, garlic, and jalapeno in a saucepan over medium heat, and cook until the onions are transparent. Turn the heat to low and continue cooking, stirring occasionally, until the onions have caramelized to a deep brown, about 1 hour.

Pour in the beans, and mash roughly with a potato masher.

Pour in 1 cup of chicken stock and bring to a simmer; simmer about 1 hour, stirring occasionally, adding more chicken stock as needed to achieve desired consistency. Season to taste with salt and pepper, and stir in cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:10.973043531179%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 177.71kcal (8.89%), Fat: 4.04g (6.22%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 15.97g (5.81%), Sugar: 2.24g (2.49%), Cholesterol: 12.09mg (4.03%), Sodium: 1332.32mg (57.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Fiber: 8.31g (33.25%), Folate: 79.24µg (19.81%), Phosphorus: 196.95mg (19.69%), Manganese: 0.38mg (18.85%), Potassium: 519.62mg (14.85%), Iron: 2.63mg (14.62%), Copper: 0.29mg (14.47%), Vitamin K: 14.14µg (13.47%), Vitamin B1: 0.2mg (13.43%), Vitamin B2: 0.23mg (13.28%), Magnesium: 48.89mg (12.22%), Vitamin C: 8.9mg (10.79%), Vitamin B3: 2.12mg (10.58%), Vitamin B6: 0.2mg (10.12%), Selenium: 5.94µg (8.48%), Zinc: 1.09mg (7.28%), Vitamin A: 297.08IU (5.94%), Calcium: 55.5mg

(5.55%), Vitamin B5: 0.28mg (2.8%), Vitamin E: 0.3mg (1.99%)