






 **98%**  
HEALTH SCORE

# Mexican Bean Stew (

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN  
  
**125 min.**

SERVINGS  
  
**8**

CALORIES  
  
**256 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 2 bay leaves
- 1 leaves cup heavy whipping cream fresh sour white chopped finely chopped for serving finely
- 3 cups pinto beans dried
- 4 garlic cloves peeled mashed
- 0.3 large onion
- 8 servings salt and pepper black freshly ground

## Equipment

- bowl

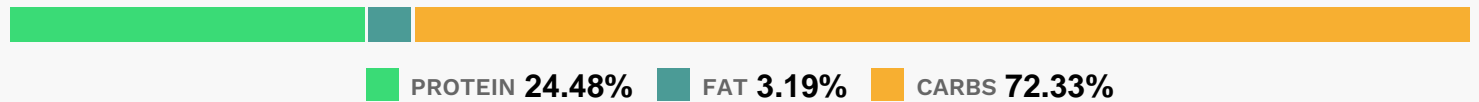
ladle

pot

## Directions

- Combine the beans, garlic, onion, and bay leaves in a medium pot.
- Add enough water to reach about 1 1/2 inches over the beans. Bring to a boil over medium-high heat. Reduce the heat, cover, and simmer until the beans are tender, about 2 hours.
- Add more water if the beans are absorbing too much liquid. The beans should be soupy when done, with plenty of liquid remaining. Season the beans with salt and pepper, to taste.
- Ladle the beans and cooking liquid into soup bowls and garnish with Mexican crema, cilantro and chopped white onions. Alternatively, the beans can be drained and use as a filling for soft tacos.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:13.53, Inflammation Score:-8, Nutrition Score:20.146956432125%

## 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 Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

## Nutrients (% of daily need)

Calories: 255.61kcal (12.78%), Fat: 0.91g (1.4%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 34.93g (12.7%), Sugar: 1.74g (1.94%), Cholesterol: 0mg (0%), Sodium: 9.21mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.33%), Folate: 381.04µg (95.26%), Fiber: 11.36g (45.46%), Manganese: 0.88mg (43.87%), Vitamin B1: 0.52mg (34.76%), Copper: 0.65mg (32.72%), Magnesium: 128.46mg (32.11%), Phosphorus: 301.36mg (30.14%), Potassium: 1023.16mg (29.23%), Selenium: 20.44µg (29.19%), Iron: 3.73mg (20.71%), Vitamin B6: 0.37mg (18.41%), Zinc: 1.68mg (11.19%), Vitamin B2: 0.16mg (9.23%), Calcium: 86.31mg (8.63%), Vitamin C: 5.42mg (6.57%), Vitamin B5: 0.58mg (5.85%), Vitamin K: 4.65µg (4.43%), Vitamin B3: 0.87mg (4.34%), Vitamin E: 0.16mg (1.06%)