



Mexican Beans

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

READY IN



260 min.

SERVINGS



24

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon coarsely chopped
- 2 pounds pinto beans dried
- 1 bunch cilantro leaves fresh chopped
- 1 jalapeno fresh chopped
- 1 medium onion chopped
- 1 medium tomatoes ripe chopped
- 2.5 quarts water

Equipment

frying pan

pot

Directions

Combine beans and water in a large pot. Bring to a boil, reduce heat, and simmer for 3 hours.

Add more water if necessary while beans are cooking.

In a large skillet, cook bacon over medium heat until it is beginning to brown. Stir in onion, and continue cooking until onion is tender. Stir in tomato, and jalapeno, and cook for 2 to 3 minutes.

Remove from heat, and stir in cilantro.

Stir bacon and onion mixture into the beans, and continue cooking for 1 hour, or until beans are soft.

Nutrition Facts



PROTEIN 19.94% **FAT 33.82%** **CARBS 46.24%**

Properties

Glycemic Index:7, Glycemic Load:7.09, Inflammation Score:-6, Nutrition Score:11.994782717332%

Flavonoids

Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 212.98kcal (10.65%), Fat: 7.98g (12.28%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 18.54g (6.74%), Sugar: 1.15g (1.28%), Cholesterol: 12.47mg (4.16%), Sodium: 135.19mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Folate: 200.45µg (50.11%), Fiber: 6.02g (24.1%), Manganese: 0.45mg (22.49%), Vitamin B1: 0.33mg (21.74%), Selenium: 14.37µg (20.53%), Phosphorus: 185.44mg (18.54%), Copper: 0.37mg (18.35%), Magnesium: 70.98mg (17.74%), Potassium: 585.99mg (16.74%), Vitamin B6: 0.24mg (12.1%), Iron: 2.02mg (11.25%), Zinc: 1.11mg (7.42%), Vitamin B3: 1.25mg (6.25%), Vitamin B2: 0.1mg (5.8%), Vitamin C: 4.2mg (5.1%), Calcium: 48.48mg (4.85%), Vitamin B5: 0.42mg (4.16%), Vitamin K: 3.68µg (3.51%), Vitamin

A: 78.56IU (1.57%), Vitamin B12: 0.09µg (1.57%), Vitamin E: 0.22mg (1.46%)