



Mexican Pinto Beans

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

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- 3 slices bacon diced
- 3 cups reserved chicken broth
- 2 teaspoons chili powder
- 1 cup pinto beans dried
- 1 small bell pepper green chopped
- 2 teaspoons ground cumin
- 1 small onion chopped
- 0.5 teaspoon pepper

0.8 teaspoon salt

Equipment

sauce pan

Directions

Sort and wash pinto beans; place in a large saucepan. Cover with water 2 inches above beans, and bring to a boil. Boil beans 1 minute. Cover, remove from heat, and let soak 1 hour.

Drain.

Bring beans, broth, and remaining ingredients to a boil. Cover, reduce heat, and simmer 2 hours. Chill, if desired; reheat over medium heat.

Nutrition Facts



PROTEIN 21.3% **FAT 26.71%** **CARBS 51.99%**

Properties

Glycemic Index:28.25, Glycemic Load:9.32, Inflammation Score:-8, Nutrition Score:18.3086956869%

Flavonoids

Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 264.7kcal (13.24%), Fat: 7.93g (12.21%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 26.15g (9.51%), Sugar: 3.06g (3.4%), Cholesterol: 14.41mg (4.81%), Sodium: 1224.32mg (53.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.47%), Folate: 258.91µg (64.73%), Manganese: 0.77mg (38.26%), Fiber: 8.61g (34.43%), Vitamin B1: 0.45mg (30.28%), Selenium: 17.84µg (25.49%), Copper: 0.51mg (25.28%), Phosphorus: 246.28mg (24.63%), Magnesium: 97.85mg (24.46%), Potassium: 835.23mg (23.86%), Vitamin C: 19.29mg (23.39%), Iron: 3.6mg (20.01%), Vitamin B6: 0.36mg (18.05%), Vitamin B2: 0.24mg (14.27%), Zinc: 1.57mg (10.45%), Vitamin B3: 1.89mg (9.45%), Calcium: 82.26mg (8.23%), Vitamin A: 389IU (7.78%), Vitamin K: 5.66µg (5.39%), Vitamin B5: 0.54mg (5.38%), Vitamin E: 0.73mg (4.88%), Vitamin B12: 0.12µg (1.96%)