



WHATSHATE



Mexican Pinto Beans



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



12

CALORIES



134 kcal

SIDE DISH

Ingredients



0.5 pound bacon



1 pound pinto beans dry



4 serrano chiles

Equipment



frying pan

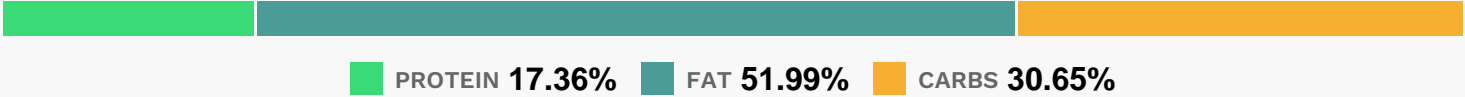


pot

Directions

- ☐ Place the beans in a large pot with enough water to cover by 3 to 4 inches, and bring to a boil.
- ☐ Remove from heat, and let sit 1 hour.
- ☐ Drain water.
- ☐ Pour in enough fresh water to cover beans by 3 to 4 inches, and bring to a boil. Reduce heat, cover, and simmer 1 hour.
- ☐ Place bacon in a skillet, and cook over medium high heat until evenly brown. Crumble bacon, and transfer, along with grease, to the pot with the beans. Continue to cook beans on low heat for 30 minutes.
- ☐ Place the whole chile peppers into the pot, and continue cooking beans 1 hour, or until tender.

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:5.0491304242093%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 133.5kcal (6.68%), Fat: 7.76g (11.93%), Saturated Fat: 2.57g (16.03%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 6.81g (2.48%), Sugar: 0.21g (0.23%), Cholesterol: 12.47mg (4.16%), Sodium: 125.69mg (5.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.65%), Folate: 65.47µg (16.37%), Fiber: 3.48g (13.9%), Manganese: 0.18mg (8.85%), Selenium: 6.15µg (8.79%), Vitamin B1: 0.13mg (8.41%), Phosphorus: 83.58mg (8.36%), Vitamin B6: 0.15mg (7.35%), Potassium: 208.33mg (5.95%), Magnesium: 21.61mg (5.4%), Iron: 0.88mg (4.91%), Copper: 0.09mg (4.66%), Vitamin B3: 0.91mg (4.56%), Zinc: 0.6mg (3.99%), Vitamin E: 0.45mg (3%), Vitamin B2: 0.04mg (2.37%), Vitamin B5: 0.19mg (1.88%), Calcium: 18.55mg (1.86%), Vitamin B12: 0.09µg (1.57%), Vitamin K: 1.56µg (1.48%), Vitamin C: 1.2mg (1.46%)