



Mexican Pintos With Cactus



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



10

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 2 large flat cactus leaves nopales
- ☐ 1 jalapeno seeded chopped
- ☐ 2 slices onion
- ☐ 2 cups pinto beans dry rinsed
- ☐ 3 tablespoons salt divided

Equipment

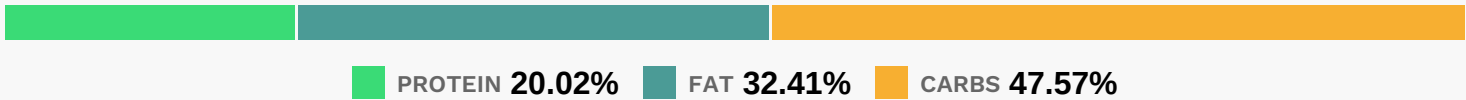
- ☐ sauce pan

☐ slow cooker

Directions

- ☐ Place the pinto beans into a slow cooker, and fill to the top with hot water.
- ☐ Add the bacon, 2 tablespoons of salt, jalapeno and onion. Cover, and cook on High for 3 to 4 hours, adding water as needed, until beans are tender.
- ☐ Remove any thorns from the cactus leaves, and slice into small pieces.
- ☐ Place in a saucepan with 1 tablespoon of salt, and fill with enough water to cover. Bring to a boil, and cook for 15 minutes.
- ☐ Drain and rinse with cold water for 1 minute.
- ☐ Add to the beans when they are soft, and cook for 15 more minutes on High.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:1.46, Inflammation Score:-2, Nutrition Score:4.0521739202997%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 77.99kcal (3.9%), Fat: 2.85g (4.38%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 6.24g (2.27%), Sugar: 0.29g (0.33%), Cholesterol: 4.36mg (1.45%), Sodium: 2137.16mg (92.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Folate: 59.74µg (14.94%), Fiber: 3.17g (12.68%), Manganese: 0.17mg (8.35%), Phosphorus: 60.99mg (6.1%), Vitamin B1: 0.09mg (5.74%), Vitamin B6: 0.11mg (5.26%), Selenium: 3.47µg (4.96%), Potassium: 170.69mg (4.88%), Magnesium: 18.54mg (4.64%), Iron: 0.77mg (4.28%), Copper: 0.08mg (4.06%), Zinc: 0.43mg (2.84%), Vitamin E: 0.4mg (2.67%), Vitamin C: 2.16mg (2.62%), Vitamin B3: 0.4mg (1.98%), Calcium: 18.5mg (1.85%), Vitamin B2: 0.03mg (1.67%), Vitamin K: 1.48µg (1.41%), Vitamin B5: 0.12mg (1.17%)