



Mexican Rancho Pinto Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 6 cans pinto beans drained (15 oz. each; 10 to 11 cups total)
- ☐ 3 anaheim chilies fresh stemmed rinsed seeded chopped ()
- ☐ 5 cloves garlic peeled chopped
- ☐ 0.8 lb onion peeled chopped
- ☐ 10 servings salt and pepper
- ☐ 2 firm-ripe to tomatoes cored ripe rinsed chopped (1 lb. total)

Equipment

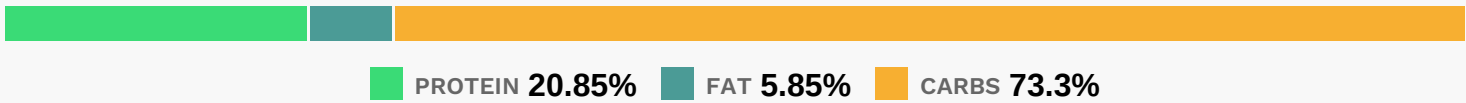
- ☐ bowl

☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over medium-high heat, combine tomatoes, onion, chilies, and garlic. Stir often until onion is slightly browned, about 10 minutes.
- ☐ Add beans. Cover and simmer, stirring occasionally, until hot, about 10 minutes. Season to taste with salt and pepper.
- ☐ Pour into a bowl.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:13.68, Inflammation Score:-7, Nutrition Score:15.781304302423%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 234.77kcal (11.74%), Fat: 1.58g (2.43%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 31.69g (11.52%), Sugar: 5.42g (6.02%), Cholesterol: 0mg (0%), Sodium: 881.25mg (38.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.34%), Fiber: 12.84g (51.35%), Manganese: 0.93mg (46.68%), Vitamin C: 27.54mg (33.38%), Phosphorus: 258.47mg (25.85%), Potassium: 861.3mg (24.61%), Magnesium: 93.74mg (23.44%), Copper: 0.46mg (23.15%), Iron: 4.05mg (22.51%), Folate: 74.5µg (18.63%), Vitamin B6: 0.34mg (16.81%), Calcium: 134.86mg (13.49%), Vitamin B1: 0.17mg (11.34%), Vitamin E: 1.69mg (11.25%), Zinc: 1.58mg (10.54%), Vitamin K: 9.35µg (8.9%), Vitamin A: 334.25IU (6.69%), Vitamin B3: 1.05mg (5.24%), Vitamin B5: 0.45mg (4.47%), Vitamin B2: 0.07mg (4%)