



One Pot Pinto Beans

 Vegetarian  Gluten Free

READY IN



255 min.

SERVINGS



16

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup condensed chicken broth
- ☐ 2 pounds pinto beans dried
- ☐ 5 cloves garlic chopped
- ☐ 16 ounce pico de gallo
- ☐ 0.5 onion red chopped
- ☐ 1 tablespoon pepper flakes red to taste
- ☐ 16 servings salt to taste
- ☐ 8 ounce mozzarella cheese shredded

☐ 6.3 cups water

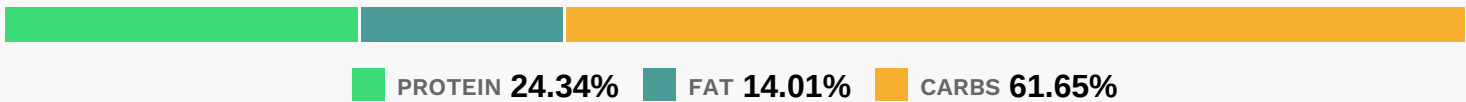
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Combine water, condensed chicken broth, beans, garlic, onion, and crushed red pepper flakes into a large saucepan; season to taste with salt and pepper. Bring to a simmer; cover. Cook, stirring occasionally, until beans are soft, about 3 1/2 hours. You may need to add additional water to keep the beans from drying out.
- ☐ Mash cooked beans with a potato masher to desired consistency. Stir in mozzarella and pico de gallo before serving.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:10.65, Inflammation Score:-8, Nutrition Score:17.701739192009%

Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 253.12kcal (12.66%), Fat: 3.98g (6.12%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 39.38g (13.13%), Net Carbohydrates: 30.34g (11.03%), Sugar: 3.37g (3.74%), Cholesterol: 11.49mg (3.83%), Sodium: 490.04mg (21.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.09%), Folate: 299.48µg (74.87%), Fiber: 9.04g (36.16%), Manganese: 0.69mg (34.55%), Phosphorus: 287.73mg (28.77%), Vitamin B1: 0.42mg (27.75%), Copper: 0.53mg (26.71%), Selenium: 18.54µg (26.49%), Magnesium: 105.02mg (26.26%), Potassium: 821.8mg (23.48%), Iron: 3.06mg (16.99%), Vitamin B6: 0.3mg (15.01%), Calcium: 143.27mg (14.33%), Zinc: 1.76mg (11.77%), Vitamin B2: 0.18mg (10.33%), Vitamin A: 333.25IU (6.67%), Vitamin C: 5.2mg (6.3%), Vitamin B12: 0.33µg (5.44%), Vitamin B5: 0.48mg

(4.81%), Vitamin B3: 0.78mg (3.91%), Vitamin K: 4.06µg (3.87%), Vitamin E: 0.34mg (2.29%)