



 **76%**  
HEALTH SCORE

## One Pot Pinto Beans

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



255 min.

SERVINGS



16

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup chicken broth
- 2 pounds pinto beans dried
- 5 cloves garlic chopped
- 0.5 onion red chopped
- 1 tablespoon pepper red to taste
- 16 servings salt to taste
- 6.3 cups water

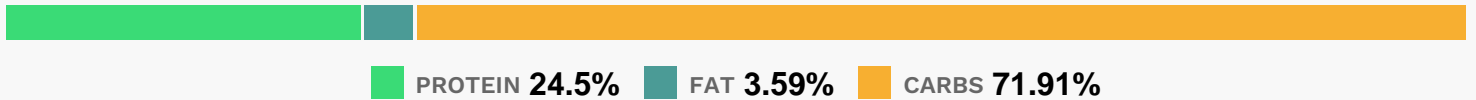
### Equipment

- 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:6, Glycemic Load:10.56, Inflammation Score:-7, Nutrition Score:16.192173970296%

## 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: 201.81kcal (10.09%), Fat: 0.81g (1.24%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 27.37g (9.95%), Sugar: 1.45g (1.61%), Cholesterol: 0.29mg (0.1%), Sodium: 268.2mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.81%), Folate: 298.49µg (74.62%), Fiber: 9.04g (36.16%), Manganese: 0.69mg (34.34%), Vitamin B1: 0.41mg (27.47%), Copper: 0.53mg (26.63%), Magnesium: 102.19mg (25.55%), Phosphorus: 237.55mg (23.76%), Potassium: 811.03mg (23.17%), Selenium: 16.13µg (23.04%), Iron: 3mg (16.65%), Vitamin B6: 0.29mg (14.75%), Zinc: 1.35mg (9.01%), Vitamin B2: 0.14mg (7.97%), Calcium: 71.69mg (7.17%), Vitamin C: 4.12mg (5%), Vitamin B5: 0.46mg (4.61%), Vitamin B3: 0.77mg (3.83%), Vitamin K: 3.73µg (3.56%), Vitamin A: 148.7IU (2.97%), Vitamin E: 0.32mg (2.11%)