



PAISA PINTO BEANS (FRIJOLES PAISAS)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 3 cups pinto beans
- ☐ 0.5 plantains green
- ☐ 0.5 pound pork hocks
- ☐ 0.5 teaspoon salt
- ☐ 6 cups water

Equipment

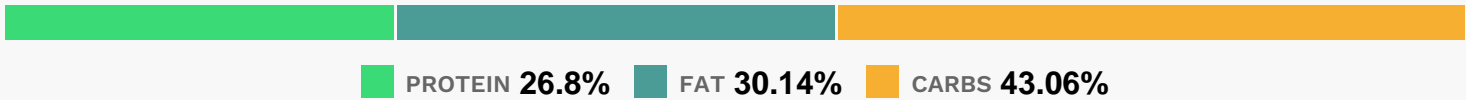
- ☐ frying pan

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Wash the beans and soak overnight in cold water.
- ☐ Drain the beans and place in a large pot and add the water and pork hocks. Over medium-high heat, bring the beans to a boil, then cover the pot and reduce the heat to medium-low. Allow the beans to cook until almost tender, approximately 2 hours. When the beans are cooking, prepare the guiso. In a large skillet, heat the vegetable oil over medium heat, add the tomatoes, onions, scallions, salt, garlic, cilantro and ground cumin and cook for 10 to 15 minutes. When the beans are almost tender, add the guiso, plantains, carrots and salt. Cover and cook for another hour or until the beans are fully cooked. (
- ☐ Add additional water as necessary). DIRECTIONS USING SLOW COOKER For the slow cooker, use the same ingredients except use just 4 cups water instead of 6. Wash the beans and soak overnight in cold water.
- ☐ Drain the beans and place in a slow cooker, add 4 cups water and pork hocks and cook on high for about 2 hours. Follow step 2 in the regular pot recipe.
- ☐ Add the guiso, plantains, carrots and salt then cover and cook for another 3 hours. Taste for salt and serve.

Nutrition Facts



Properties

Glycemic Index:11.72, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:13.571304186531%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 277.67kcal (13.88%), Fat: 9.31g (14.32%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 21.32g (7.75%), Sugar: 1.64g (1.83%), Cholesterol: 41.2mg (13.73%), Sodium: 315.99mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.27%), Vitamin A: 3563.95IU (71.28%), Folate: 155.29µg

(38.82%), Fiber: 8.62g (34.48%), Manganese: 0.43mg (21.73%), Potassium: 644.1mg (18.4%), Iron: 2.58mg (14.32%), Phosphorus: 137.78mg (13.78%), Magnesium: 53.8mg (13.45%), Vitamin B1: 0.19mg (12.93%), Copper: 0.25mg (12.61%), Vitamin B6: 0.24mg (11.78%), Selenium: 5.32µg (7.6%), Vitamin E: 0.94mg (6.3%), Zinc: 0.94mg (6.27%), Calcium: 61.45mg (6.14%), Vitamin C: 4.96mg (6.01%), Vitamin K: 5.81µg (5.53%), Vitamin B2: 0.08mg (4.72%), Vitamin B5: 0.32mg (3.17%), Vitamin B3: 0.56mg (2.82%)