



Pinquito Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon mustard dry
- ☐ 2 cloves garlic minced
- ☐ 1 pound pinquito beans (small pink)
- ☐ 2 onions chopped
- ☐ 0.5 cup enchilada sauce red
- ☐ 8 servings salt to taste

☐ 0.5 cup tomato purée

Equipment

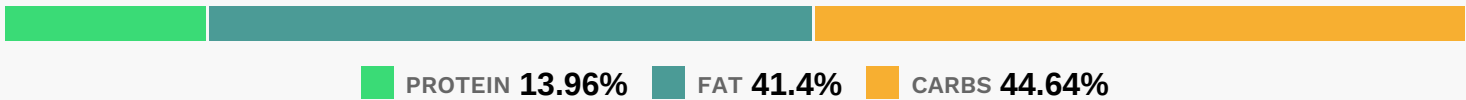
☐ frying pan

☐ pot

Directions

- ☐ Pick over and rinse 1 lb. pinto (small pink) beans.
- ☐ Place in a 6-quart pot and cover with water. Bring to a boil, cover, take off heat and let sit 1 hour.
- ☐ Drain beans. Cover with fresh water, bring to a boil, lower heat to a simmer, and cook until tender, anywhere from 40 to 90 minutes depending on the freshness of the beans.
- ☐ Drain, reserving beans and 1 cup cooking liquid.
- ☐ In a 5-quart pot over medium-high heat, cook 4 slices (about 1/4 lb.) bacon, chopped. When bacon is crisp, remove all but 1 teaspoon of fat from the pan.
- ☐ Add 2 chopped onions (12 oz. total) and 2 cloves minced garlic to the pan. Cook, stirring, until onion just starts to brown.
- ☐ Add 1/2 cup tomato pure, 1/2 cup red chile sauce or red enchilada sauce, 1 tablespoon brown sugar, 1 teaspoon dry mustard, and the pinto beans and reserved liquid. Salt to taste. Bring to a boil, stirring often, then lower heat and simmer for about 10 minutes to blend flavors.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:4.9360869773056%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 97.59kcal (4.88%), Fat: 4.64g (7.13%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.31g (3.39%), Sugar: 4.44g (4.93%), Cholesterol: 7.26mg (2.42%), Sodium: 406.33mg (17.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin C: 16.23mg (19.67%), Folate: 64.17µg (16.04%), Fiber: 1.93g (7.72%), Potassium: 259.2mg (7.41%), Iron: 1.16mg (6.42%), Magnesium: 24.4mg (6.1%), Phosphorus: 55.19mg (5.52%), Copper: 0.11mg (5.34%), Vitamin B6: 0.09mg (4.69%), Selenium: 3.11µg (4.44%), Manganese: 0.08mg (4.22%), Calcium: 38.72mg (3.87%), Vitamin A: 188.33IU (3.77%), Vitamin B3: 0.73mg (3.67%), Vitamin B1: 0.05mg (3.37%), Zinc: 0.49mg (3.25%), Vitamin E: 0.39mg (2.59%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.18mg (1.75%)