



WHATSheATE



Pinto Beans with Bacon and Jalapeños



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 to 3 jalapeño chile peppers whole
- ☐ 2 slices bacon thick-cut
- ☐ 2 cups onion chopped
- ☐ 2 medium clove garlic minced
- ☐ 4 cups pinto beans rinsed cooked drained (2 15-ounce cans, and)
- ☐ 4 servings salt
- ☐ 0.5 cup cilantro leaves fresh loosely packed chopped

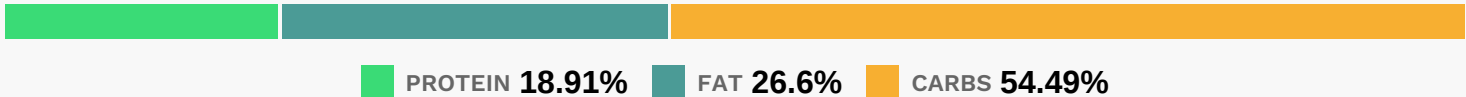
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook and prep jalapeños:
- ☐ Heat oil in a medium skillet on high heat.
- ☐ Put the jalapeños in the pan and stir to coat with the oil.
- ☐ Let cook, turning occasionally, on all sides, until all sides are nicely browned (about 10–15 minutes, depending on how hot your burner is).
- ☐ Remove from pan.
- ☐ Cut away and discard the stem, core, seeds, and veins. Coarsely chop the remaining jalapeño flesh.
- ☐ Cook bacon: While the jalapeños are cooking, cook the bacon slices on medium low heat in a large skillet, until crispy.
- ☐ Remove bacon from the pan to a paper towel-lined plate.
- ☐ Pour off (do not discard down the drain!) all but 2 tablespoons of bacon fat.
- ☐ Add the chopped onion to the pan with the bacon fat. Increase the heat to medium high and cook until translucent and lightly browned.
- ☐ Add the minced garlic and cook a minute more. While the onion is cooking, chop the cooked bacon.
- ☐ Add the cooked beans, chopped bacon, and the chopped jalapeños to the pan and stir to mix.
- ☐ Sprinkle with salt.
- ☐ Serve with chopped fresh cilantro, and steak and salsa.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:9.46, Inflammation Score:-8, Nutrition Score:23.928695615219%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 17.32mg, Quercetin: 17.32mg, Quercetin: 17.32mg, Quercetin: 17.32mg

Nutrients (% of daily need)

Calories: 394.23kcal (19.71%), Fat: 11.95g (18.39%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 37.92g (13.79%), Sugar: 5.2g (5.78%), Cholesterol: 11.88mg (3.96%), Sodium: 321.13mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.23%), Folate: 315.78µg (78.94%), Fiber: 17.17g (68.7%), Vitamin C: 40.63mg (49.25%), Manganese: 0.96mg (47.8%), Vitamin B6: 0.67mg (33.54%), Phosphorus: 313.42mg (31.34%), Vitamin B1: 0.44mg (29.14%), Potassium: 986.96mg (28.2%), Magnesium: 101.74mg (25.43%), Iron: 4.13mg (22.94%), Copper: 0.45mg (22.57%), Selenium: 14.96µg (21.38%), Vitamin K: 17.79µg (16.94%), Vitamin E: 2.41mg (16.07%), Zinc: 2.11mg (14.07%), Calcium: 105.32mg (10.53%), Vitamin B2: 0.17mg (9.79%), Vitamin B3: 1.67mg (8.37%), Vitamin A: 357.55IU (7.15%), Vitamin B5: 0.62mg (6.23%), Vitamin B12: 0.09µg (1.5%)