



Pot O' Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 1 pound pinto beans dried rinsed
- ☐ 1 jalapeno
- ☐ 8 servings kosher salt
- ☐ 1 medium onion finely chopped
- ☐ 3 tablespoons vegetable oil

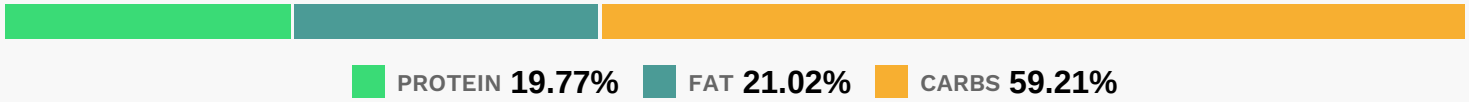
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat lard in a large heavy pot over medium-high heat.
- ☐ Add onion and cook, stirring occasionally, until edges are charred, 8–10 minutes.
- ☐ Meanwhile, cook jalapeño in a small dry skillet over high heat, turning occasionally, until blackened, 8–10 minutes; cut a slit in jalapeño.
- ☐ Add jalapeño, epazote sprig, if desired, and beans to pot; add water to cover by 2". Simmer, partially covered, until beans are creamy, 2–3 hours (depending on freshness of beans). Season with salt and cook 15 minutes longer; discard epazote.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:10.71, Inflammation Score:-7, Nutrition Score:16.514782672343%

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 Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 247.84kcal (12.39%), Fat: 5.82g (8.95%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 27.79g (10.11%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 201.2mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Folate: 300.76µg (75.19%), Fiber: 9.07g (36.28%), Manganese: 0.67mg (33.54%), Vitamin B1: 0.41mg (27.42%), Copper: 0.51mg (25.63%), Magnesium: 101.43mg (25.36%), Phosphorus: 237.48mg (23.75%), Potassium: 814.27mg (23.26%), Selenium: 15.9µg (22.71%), Iron: 2.91mg (16.17%), Vitamin B6: 0.29mg (14.63%), Vitamin K: 12.93µg (12.32%), Zinc: 1.32mg (8.79%), Vitamin C: 6.66mg (8.08%), Vitamin B2: 0.13mg (7.36%), Calcium: 67.56mg (6.76%), Vitamin B5: 0.47mg (4.68%), Vitamin E: 0.6mg (4.01%), Vitamin B3: 0.7mg (3.52%)