



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 sprig epazote leaves
- ☐ 1 jalapeno
- ☐ 8 servings kosher salt
- ☐ 1 medium onion finely chopped
- ☐ 3 tablespoons vegetable oil

Equipment

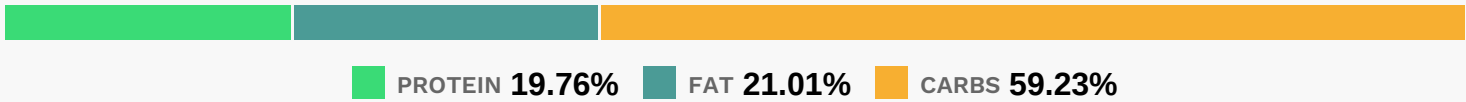
- ☐ frying pan

☐ 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:16.532608690469%

Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg 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

Nutrients (% of daily need)

Calories: 247.88kcal (12.39%), Fat: 5.82g (8.95%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 27.82g (10.12%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 201.25mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Folate: 300.82µg (75.21%), Fiber: 9.08g (36.3%), Manganese: 0.67mg (33.74%), Vitamin B1: 0.41mg (27.42%), Copper: 0.51mg (25.64%), Magnesium: 101.58mg (25.4%), Phosphorus: 237.58mg (23.76%), Potassium: 815.06mg (23.29%), Selenium: 15.9µg (22.71%), Iron: 2.91mg (16.18%), Vitamin B6: 0.29mg (14.64%), Vitamin K: 12.93µg (12.32%), Zinc: 1.32mg (8.8%), Vitamin C: 6.67mg (8.08%), Vitamin B2: 0.13mg (7.38%), Calcium: 67.91mg (6.79%), Vitamin B5: 0.47mg (4.68%), Vitamin E: 0.6mg (4.01%), Vitamin B3: 0.7mg (3.52%)