



Quick and Easy Refried Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce pinto beans canned
- ☐ 2 tablespoons canola oil
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon cumin
- ☐ 2 garlic cloves peeled
- ☐ 0.5 juice of lime juiced
- ☐ 6 servings salt to taste

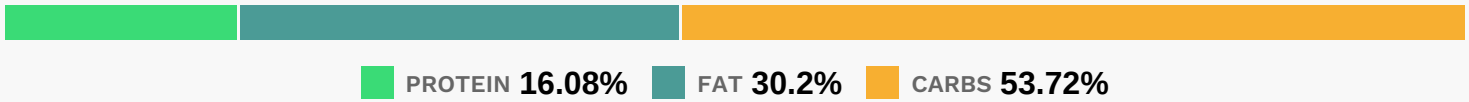
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Heat canola oil in a heavy skillet over medium heat.
- ☐ Cook garlic cloves in hot oil, turning once, until brown on both sides, 4 to 5 minutes.
- ☐ Smash garlic cloves in skillet with a fork.
- ☐ Stir pinto beans, cumin, chili powder, and salt into mashed garlic and cook until beans are thoroughly heated, about 5 minutes. Stir occasionally.
- ☐ Smash bean mixture with a potato masher to desired texture. Squeeze lime juice over smashed beans and stir until combined.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:6.85, Inflammation Score:-4, Nutrition Score:7.6495651252892%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 161.79kcal (8.09%), Fat: 5.59g (8.6%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 15.67g (5.7%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 579.92mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Fiber: 6.7g (26.81%), Manganese: 0.49mg (24.26%), Phosphorus: 134.95mg (13.5%), Iron: 2.38mg (13.24%), Magnesium: 48.95mg (12.24%), Copper: 0.24mg (11.98%), Vitamin E: 1.77mg (11.79%), Potassium: 410.66mg (11.73%), Folate: 34.43µg (8.61%), Calcium: 73.1mg (7.31%), Vitamin K: 6.71µg (6.39%), Vitamin B6: 0.13mg (6.33%), Zinc: 0.84mg (5.59%), Vitamin B1: 0.08mg (5.28%), Vitamin C: 2.08mg (2.52%), Vitamin B3: 0.44mg (2.22%), Vitamin A: 104.41IU (2.09%), Vitamin B5: 0.2mg (2.05%), Vitamin B2: 0.03mg (1.67%)