



## Quick Pinto Beans

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 60 oz pinto beans undrained canned
- 0.3 cup grey poupon dijon mustard
- 0.5 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 6 oz oscar mayer ham smoked chopped
- 1 Tbsp oil
- 1 cup onions chopped
- 2 serrano chiles sliced

# Equipment

sauce pan

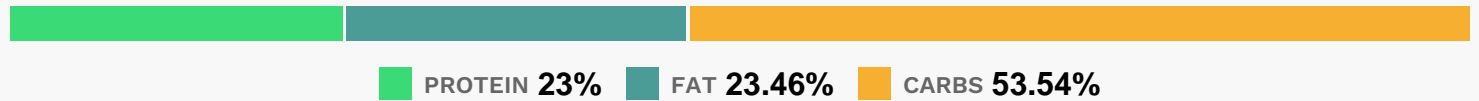
# Directions

Heat oil in large saucepan on medium-high heat.

Add next 4 ingredients; cook 3 min., stirring occasionally. Stir in cilantro and mustard; cook 2 min., stirring frequently.

Drain 2 cans beans; add to ham mixture. Stir in remaining 2 undrained cans. Bring to boil; cover. Simmer on medium-low heat 10 min., stirring occasionally.

# Nutrition Facts



# Properties

Glycemic Index:4.74, Glycemic Load:2.43, Inflammation Score:-1, Nutrition Score:3.1134781999433%

# Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

# Nutrients (% of daily need)

Calories: 58.53kcal (2.93%), Fat: 1.56g (2.39%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 5.57g (2.03%), Sugar: 0.73g (0.81%), Cholesterol: 3.01mg (1%), Sodium: 207.85mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Fiber: 2.41g (9.65%), Manganese: 0.17mg (8.65%), Phosphorus: 58.87mg (5.89%), Magnesium: 18.45mg (4.61%), Potassium: 160.3mg (4.58%), Iron: 0.8mg (4.47%), Copper: 0.09mg (4.37%), Vitamin B1: 0.06mg (4.04%), Vitamin B6: 0.07mg (3.27%), Folate: 13.03µg (3.26%), Zinc: 0.41mg (2.72%), Calcium: 25.85mg (2.59%), Vitamin E: 0.38mg (2.53%), Selenium: 1.76µg (2.51%), Vitamin K: 2.1µg (2%), Vitamin B3: 0.37mg (1.86%), Vitamin B2: 0.02mg (1.28%), Vitamin C: 0.95mg (1.16%), Vitamin B5: 0.1mg (1.02%)