



Refried Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 30 ounce pinto beans canned
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon vegetable oil

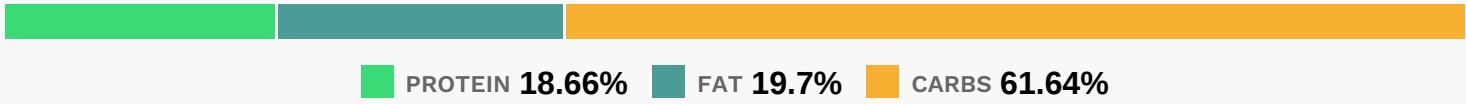
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a skillet over medium heat.
- ☐ Add the beans, stirring well. Season with the salt, pepper and jalapeo, if desired, and cook for 5 minutes. Mash the beans, adding a little water if they seem dry.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:10.14, Inflammation Score:-4, Nutrition Score:10.361304397978%

Nutrients (% of daily need)

Calories: 204.66kcal (10.23%), Fat: 4.59g (7.07%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 22.53g (8.19%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 763.64mg (33.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Fiber: 9.81g (39.22%), Manganese: 0.69mg (34.47%), Phosphorus: 195.77mg (19.58%), Magnesium: 70.34mg (17.59%), Iron: 3.14mg (17.43%), Copper: 0.35mg (17.3%), Potassium: 588.2mg (16.81%), Folate: 51.05µg (12.76%), Vitamin K: 10.88µg (10.36%), Calcium: 100.5mg (10.05%), Vitamin E: 1.49mg (9.94%), Zinc: 1.19mg (7.95%), Vitamin B6: 0.16mg (7.88%), Vitamin B1: 0.11mg (7.38%), Vitamin B5: 0.29mg (2.91%), Vitamin B3: 0.57mg (2.85%), Vitamin B2: 0.03mg (2.01%), Vitamin C: 1.49mg (1.8%)