



Refried Beans

 Gluten Free

READY IN



195 min.

SERVINGS



12

CALORIES



469 kcal

SIDE DISH

Ingredients

- 2 teaspoons pepper black plus more if needed
- 0.5 stick butter (bacon grease, lard or shortening will work)
- 12 servings jalapeños jarred sliced
- 1 tablespoon chili powder
- 6 cups pinto beans dried
- 1 onion diced
- 1 teaspoon salt plus more if needed
- 2 cups sharp cheddar grated

- 4 slices bacon diced thick-cut cut into 1-inch slices (or you can use salt pork, ham hock or ham instead)

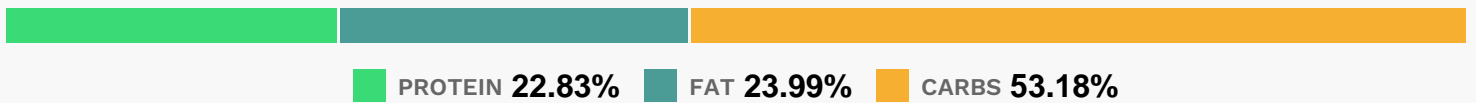
Equipment

- frying pan
- pot

Directions

- Watch how to make this recipe.
- Rinse the beans thoroughly, then place them in a large pot with the bacon.
- Pour water over the top. Use enough water to cover the beans by 1 or 2 inches. Bring to a boil over medium-high heat, then reduce the heat to low and cover. Simmer for 2 to 3 hours. If the liquid seems to evaporate too quickly, add more water during the cooking process. The beans are done when they're fork tender, without much bite.
- Add the chili powder, salt and pepper. Stir and taste, adjusting the seasoning as necessary.
- Add in other seasonings as desired.
- Heat the fat in a large skillet and cook the onions until translucent.
- Add the beans to the skillet and mash them until they're the consistency you want. Stir and cook them until heated, then add the grated cheese. Top with the jalapenos.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:18.06, Inflammation Score:-9, Nutrition Score:29.108260553816%

Flavonoids

Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 468.76kcal (23.44%), Fat: 12.52g (19.26%), Saturated Fat: 5.48g (34.25%), Carbohydrates: 62.42g (20.81%), Net Carbohydrates: 46.97g (17.08%), Sugar: 2.56g (2.84%), Cholesterol: 26.79mg (8.93%), Sodium: 436.12mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.61%), Folate: 512.71µg (128.18%), Fiber: 15.46g (61.82%), Manganese: 1.18mg (58.92%), Phosphorus: 505.52mg (50.55%), Selenium: 34.87µg (49.81%), Vitamin B1: 0.73mg (48.89%), Magnesium: 179mg (44.75%), Copper: 0.89mg (44.46%), Potassium: 1415.29mg (40.44%), Iron: 5.16mg (28.66%), Vitamin B6: 0.53mg (26.51%), Calcium: 248.93mg (24.89%), Zinc: 3.09mg (20.57%), Vitamin B2: 0.31mg (18.06%), Vitamin B5: 0.93mg (9.28%), Vitamin B3: 1.72mg (8.61%), Vitamin C: 6.86mg (8.32%), Vitamin A: 409.82IU (8.2%), Vitamin K: 7.27µg (6.93%), Vitamin E: 0.66mg (4.41%), Vitamin B12: 0.26µg (4.33%), Vitamin D: 0.16µg (1.08%)