

Refried Beans

 **Gluten Free**  **Dairy Free**

READY IN

ready

27 min.

SERVINGS

servings

3

CALORIES

calories

345 kcal

SIDE DISH

Ingredients

- ☐ 15.5 ounce pinto beans drained and rinsed canned
- ☐ 0.7 cup chicken broth low-sodium homemade canned
- ☐ 1 tablespoon coriander fresh chopped (cilantro)
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil extra-virgin

☐

0.5 medium onion chopped

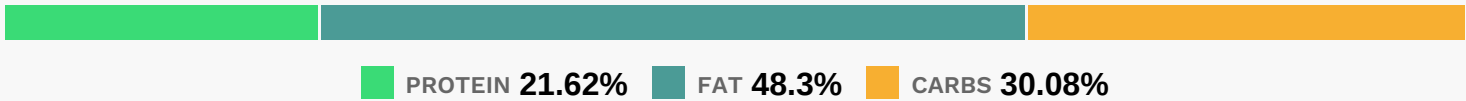
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Reserve about a third of the beans. Mash the rest of the beans in a medium bowl with a large fork. Set aside.
- ☐ Heat the oil in a medium skillet over medium-high heat.
- ☐ Add the onion, and cook until lightly browned, about 4 minutes.
- ☐ Add the garlic and continue to cook, stirring, until lightly browned.
- ☐ Add the spices and cook until fragrant about 1 minute.
- ☐ Add the mashed beans and half the broth; cook, stirring frequently, until slightly thickened, about 5 minutes.
- ☐ Add the reserved beans and the enough of the remaining broth to loosen up the beans. Simmer until the beans are thick but not pasty, about 2 minutes more. Season with salt and pepper to taste. Stir in the fresh coriander, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:7.74, Inflammation Score:-5, Nutrition Score:11.921739046988%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 344.96kcal (17.25%), Fat: 18.75g (28.84%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 18.79g (6.83%), Sugar: 2.32g (2.58%), Cholesterol: 22.78mg (7.59%), Sodium: 614.69mg (26.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.75%), Fiber: 7.48g (29.91%), Manganese: 0.59mg (29.67%), Phosphorus: 220.5mg (22.05%), Vitamin E: 3.02mg (20.13%), Iron: 3.27mg (18.18%), Magnesium: 63.45mg (15.86%), Potassium: 533.34mg (15.24%), Copper: 0.29mg (14.51%), Zinc: 2.09mg (13.91%), Vitamin B6: 0.27mg (13.42%), Selenium: 9.24µg (13.2%), Vitamin K: 13.29µg (12.66%), Folate: 39.8µg (9.95%), Calcium: 95.18mg (9.52%), Vitamin B3: 1.57mg (7.84%), Vitamin B12: 0.46µg (7.59%), Vitamin B1: 0.1mg (6.43%), Vitamin B2: 0.08mg (4.81%), Vitamin C: 3.83mg (4.64%), Vitamin B5: 0.25mg (2.48%), Vitamin A: 95.14IU (1.9%)