






 **9%**
HEALTH SCORE

Refried Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN

19 min.

SERVINGS

4

CALORIES

134 kcal

SIDE DISH

Ingredients

- 1 teaspoon ancho chili powder
- 15 ounce pinto beans drained and rinsed low-sodium, canned
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.7 cup chicken broth low-sodium plus more if needed
- 1 tablespoon olive oil
- 0.5 medium onion diced
- 4 servings salt and pepper

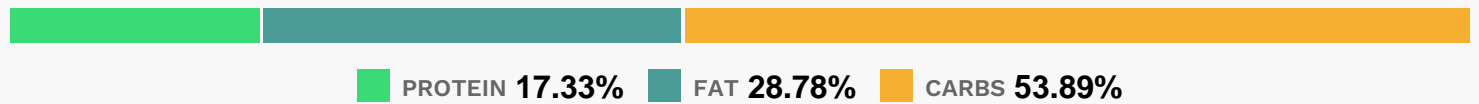
Equipment

- frying pan
- wooden spoon

Directions

- Watch how to make this recipe.
- Heat the oil in a large skillet over medium heat.
- Add the onion and cook until tender, about 3 minutes. Stir in the garlic and chili powder and cook for 1 minute more. Stir in the beans and chicken broth and cook until the beans are warmed through, about 5 minutes. Mash the beans coarsely with the back of a wooden spoon, adding more chicken broth to moisten, if needed. Season with salt and pepper, to taste. Stir in the cilantro.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:5.49, Inflammation Score:-4, Nutrition Score:6.5826087827268%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 133.6kcal (6.68%), Fat: 4.43g (6.81%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 13.31g (4.84%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 499.67mg (21.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (11.99%), Fiber: 5.34g (21.34%), Manganese: 0.39mg (19.54%), Phosphorus: 117.48mg (11.75%), Potassium: 364.2mg (10.41%), Copper: 0.21mg (10.39%), Iron: 1.81mg (10.06%), Magnesium: 38.03mg (9.51%), Vitamin E: 1.31mg (8.73%), Folate: 28.44µg (7.11%), Vitamin B6: 0.13mg (6.42%), Calcium: 59.36mg (5.94%), Vitamin K: 5.57µg (5.3%), Zinc: 0.7mg (4.66%), Vitamin B3: 0.91mg (4.55%), Vitamin B1: 0.07mg (4.4%), Vitamin A: 162.16IU (3.24%), Vitamin C: 2.29mg (2.77%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.18mg (1.76%)