



Refried Beans

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 3 cups pinto beans dried
- ☐ 2 large garlic cloves minced
- ☐ 1.3 teaspoons salt
- ☐ 2 ounces salt pork
- ☐ 6 ounces sharp cheddar cheese shredded
- ☐ 20 cups water divided

Equipment

- ☐ frying pan

- ☐ potato masher
- ☐ dutch oven
- ☐ pressure cooker

Directions

- ☐ Sort and wash beans; place in a pressure cooker.
- ☐ Add 10 cups water. Close lid securely; bring to high pressure over high heat (about 7 minutes). Cook 3 minutes.
- ☐ Remove from heat; place pressure cooker under cold running water.
- ☐ Remove lid.
- ☐ Drain beans, discarding liquid.
- ☐ Return beans to the pressure cooker.
- ☐ Add 10 cups water, salt pork, and garlic. Close lid securely; bring to high pressure over high heat (about 7 minutes). Adjust heat to medium or level to maintain high pressure; cook 1 hour.
- ☐ Remove from heat; place pressure cooker under cold running water.
- ☐ Remove lid.
- ☐ Discard salt pork. Cool the beans to room temperature.
- ☐ Drain beans, reserving 1 cup cooking liquid.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add the beans, reserved cooking liquid, and salt. Mash the bean mixture with a potato masher to desired consistency. Cook 5 minutes or until thoroughly heated.
- ☐ Sprinkle with cheese.
- ☐ Note: To prepare in a pan: Sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above the beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Drain beans.
- ☐ Add beans, 10 cups water, salt pork, and garlic to pan; bring to a boil. Cover, reduce heat, and simmer 1 hour and 45 minutes or until beans are tender. Continue with discarding salt pork and complete the recipe as directed.

Nutrition Facts



 **PROTEIN 21.29%**  **FAT 31.74%**  **CARBS 46.97%**

Properties

Glycemic Index:8, Glycemic Load:8.99, Inflammation Score:-7, Nutrition Score:15.345217186472%

Flavonoids

Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 261.35kcal (13.07%), Fat: 9.22g (14.18%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 23.2g (8.44%), Sugar: 1.07g (1.19%), Cholesterol: 18.24mg (6.08%), Sodium: 487.35mg (21.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Folate: 256.35µg (64.09%), Fiber: 7.49g (29.96%), Manganese: 0.56mg (28.23%), Phosphorus: 266.45mg (26.64%), Selenium: 17.82µg (25.46%), Copper: 0.5mg (25.13%), Vitamin B1: 0.36mg (23.95%), Magnesium: 93.15mg (23.29%), Potassium: 688.21mg (19.66%), Calcium: 167.91mg (16.79%), Iron: 2.5mg (13.89%), Vitamin B6: 0.25mg (12.42%), Zinc: 1.71mg (11.39%), Vitamin B2: 0.17mg (9.9%), Vitamin B5: 0.45mg (4.5%), Vitamin C: 3.2mg (3.87%), Vitamin B3: 0.65mg (3.27%), Vitamin K: 3.05µg (2.91%), Vitamin A: 142.08IU (2.84%), Vitamin B12: 0.16µg (2.73%), Vitamin E: 0.21mg (1.39%)