



Refried Beans: Frijoles Refritos

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



165 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

Ingredients

- 1 tablespoon mexican chili powder
- 1 pound pinto beans dried picked over for stones and impurities
- 1 tablespoon flat-leaf parsley fresh minced
- 3 cloves garlic with the side of a knife blade, and minced crushed
- 2 tablespoons grapeseed oil
- 1 large onion diced red
- 8 servings salt and pepper black freshly ground

Equipment

- frying pan
- pot
- colander

Directions

- In a large stockpot, bring the beans to a boil in 8 cups water.
- Let boil for 15 minutes and skim off any scum that rises to the surface.
- Drain beans in a colander and rinse. Wash out the pot and return the beans to the pot with 8 cups fresh water. Bring to a simmer, cover and let cook until tender, about 2 hours over low heat.
- In a large saute pan, heat oil over medium-high heat until it begins to shimmer.
- Add onion and garlic and saute until the onion turns translucent.
- Add chili powder, salt, and pepper, and cook for a few minutes to allow flavors to integrate.
- Drain beans and add to pan, mashing the ingredients together.
- Heat through and serve with minced cilantro or minced parsley sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:10.81, Inflammation Score:-8, Nutrition Score:17.517826038858%

Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg 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: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 238.11kcal (11.91%), Fat: 4.37g (6.72%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 28.28g (10.28%), Sugar: 1.87g (2.07%), Cholesterol: 0mg (0%), Sodium: 24.25mg (1.05%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Folate: 301.37µg (75.34%), Fiber: 9.44g (37.74%), Manganese: 0.72mg (35.9%), Vitamin B1: 0.42mg (27.73%), Copper: 0.53mg (26.36%), Magnesium: 103.36mg (25.84%), Phosphorus: 242.19mg (24.22%), Potassium: 838mg (23.94%), Selenium: 16.26µg (23.22%), Iron: 3.14mg (17.42%), Vitamin B6: 0.32mg (16.04%), Vitamin K: 12.67µg (12.07%), Vitamin E: 1.52mg (10.11%), Zinc: 1.38mg (9.19%), Vitamin B2: 0.14mg (7.95%), Calcium: 73.7mg (7.37%), Vitamin C: 5.61mg (6.8%), Vitamin A: 339.54IU (6.79%), Vitamin B5: 0.48mg (4.81%), Vitamin B3: 0.81mg (4.07%)