



Refried Beans with Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon coarsely chopped
- ☐ 6 oz mustard greens rinsed drained
- ☐ 10 servings mexican rancho pinto beans
- ☐ 10 servings salt and pepper
- ☐ 0.3 lb cheddar cheese shredded

Equipment

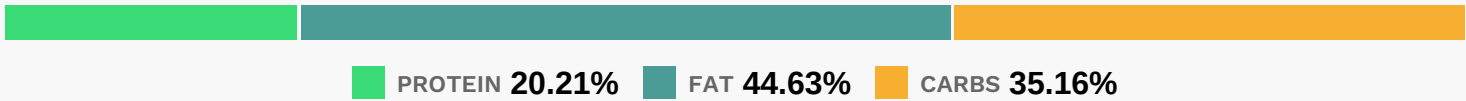
- ☐ bowl
- ☐ frying pan

- ☐ blender
- ☐ potato masher
- ☐ slotted spoon

Directions

- ☐ In a 5- to 6-quart pan over medium-high heat, stir bacon until crisp, about 10 minutes. Lift out with a slotted spoon and drain on towels.
- ☐ Add beans to drippings in pan; mash with a potato masher or beat with a mixer until creamy. Stir often over medium heat until hot, about 6 minutes.
- ☐ Meanwhile, coarsely chop spinach. When beans are hot, add spinach; cover and stir occasionally, until wilted, about 3 minutes. Stir in half the cheese.
- ☐ Add salt and pepper to taste. If beans are not as creamy as you like, stir in a little broth.
- ☐ Pour into a bowl and sprinkle with remaining cheese and bacon.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:14.976956512617%

Flavonoids

Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 6.51mg, Kaempferol: 6.51mg, Kaempferol: 6.51mg, Kaempferol: 6.51mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 268.41kcal (13.42%), Fat: 13.49g (20.75%), Saturated Fat: 5.31g (33.2%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 15.63g (5.68%), Sugar: 0.55g (0.62%), Cholesterol: 26.31mg (8.77%), Sodium: 422.35mg (18.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.74g (27.48%), Vitamin K: 47.17µg (44.92%), Folate: 152.34µg (38.09%), Fiber: 8.28g (33.14%), Phosphorus: 220.88mg (22.09%), Manganese: 0.39mg (19.69%), Selenium: 13.25µg (18.93%), Vitamin B1: 0.25mg (16.36%), Vitamin C: 12.59mg (15.27%), Vitamin B6: 0.3mg (14.79%), Potassium: 493.95mg (14.11%), Calcium: 140.55mg (14.05%), Magnesium: 54.23mg (13.56%), Vitamin A: 636.39IU (12.73%), Iron: 2.19mg (12.16%), Copper: 0.23mg (11.49%), Zinc: 1.57mg (10.46%), Vitamin E: 1.33mg (8.89%), Vitamin B2: 0.14mg (8.26%), Vitamin B3: 1.33mg (6.64%), Vitamin B12: 0.23µg (3.89%), Vitamin B5: 0.39mg (3.89%), Vitamin D: 0.16µg (1.06%)