



Refried Beans without the Refry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



495 min.

SERVINGS



15

CALORIES



54 kcal

SIDE DISH

Ingredients

- 2 tablespoons garlic minced
- 0.1 teaspoon ground cumin
- 1.8 teaspoons ground pepper fresh black
- 0.5 jalapeno fresh seeded chopped
- 1 onion peeled halved
- 3 cups pinto beans dry rinsed
- 5 teaspoons salt
- 9 cups water

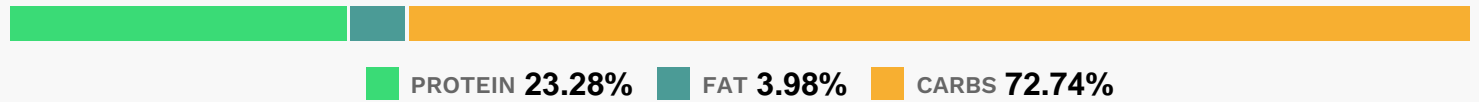
Equipment

- potato masher
- slow cooker

Directions

- Place the onion, rinsed beans, jalapeno, garlic, salt, pepper, and cumin into a slow cooker.
- Pour in the water and stir to combine. Cook on High for 8 hours, adding more water as needed. Note: if more than 1 cup of water has evaporated during cooking, then the temperature is too high.
- Once the beans have cooked, strain them, and reserve the liquid. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:1.67, Inflammation Score:-2, Nutrition Score:3.9856521830611%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 54.21kcal (2.71%), Fat: 0.25g (0.38%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 6.89g (2.51%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 783.16mg (34.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Folate: 60.42µg (15.1%), Fiber: 3.3g (13.2%), Manganese: 0.22mg (10.75%), Phosphorus: 54.61mg (5.46%), Copper: 0.11mg (5.39%), Vitamin B6: 0.1mg (5.15%), Magnesium: 20.07mg (5.02%), Potassium: 168.81mg (4.82%), Vitamin B1: 0.07mg (4.8%), Iron: 0.79mg (4.39%), Selenium: 2.32µg (3.32%), Zinc: 0.38mg (2.54%), Calcium: 25.33mg (2.53%), Vitamin E: 0.34mg (2.29%), Vitamin C: 1.7mg (2.07%), Vitamin K: 1.71µg (1.63%), Vitamin B2: 0.03mg (1.48%)