



Refried Black Beans (Frijoles negros refritos)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



134 kcal

SIDE DISH

Ingredients

- 15.5 ounce black beans canned
- 2 tablespoons vegetable oil
- 1 medium garlic clove finely grated pressed
- 0.5 teaspoon ground pepper
- 0.3 cup onion white finely chopped

Equipment

- frying pan

Directions

- Heat the oil in a medium pan over medium-high heat until it shimmers.
- Add the
- onion and cook, stirring often, until it's soft and browned at the edges, about 5 minutes.
- Add the beans, garlic, and chile powder.
- Let the beans come to a brisk simmer, then lower the heat to maintain a gentle simmer. Cook, stirring and mashing often until the beans resemble a very coarse puree and have thickened, 15 to 20 minutes. When you tip the pan, the beans should creep forward like lava. The beans will thicken a little more once they cool.
- Add salt to taste. Use warm or at room temperature.
- They keep in the fridge for up to five days.
- Reprinted with permission from Tacos, Tortas, and Tamales by Roberto Santibañez with JJ Goode, © 2012 John Wiley & Sons, Inc.

Nutrition Facts

PROTEIN 15.99% **FAT 37.71%** **CARBS 46.3%**

Properties

Glycemic Index:17.8, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:6.3843478068061%

Flavonoids

Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 133.86kcal (6.69%), Fat: 5.74g (8.84%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 9.55g (3.47%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 338.06mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Fiber: 6.31g (25.25%), Folate: 55.87µg (13.97%), Manganese: 0.23mg (11.63%), Phosphorus: 99.51mg (9.95%), Vitamin K: 10.22µg (9.73%), Iron: 1.72mg (9.55%), Copper: 0.18mg (8.77%), Vitamin B1: 0.13mg (8.65%), Potassium: 292.69mg (8.36%), Magnesium: 32.28mg (8.07%), Vitamin B2: 0.11mg (6.52%), Vitamin C: 3.5mg (4.25%), Vitamin B6: 0.07mg (3.67%), Calcium: 34.59mg (3.46%), Vitamin E: 0.51mg (3.38%), Zinc: 0.5mg (3.36%), Vitamin B3: 0.58mg (2.89%), Selenium: 1.3µg (1.86%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 87IU (1.74%)