



Refried Pinto Beans with Chipotle

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- 3 slices applewood-smoked bacon finely chopped
- 1 teaspoons chipotle chile canned minced
- 0.5 cup bean cooking liquid
- 0.5 cup onion chopped
- 3 cups pinto beans cooked
- 0.5 teaspoon salt

Equipment

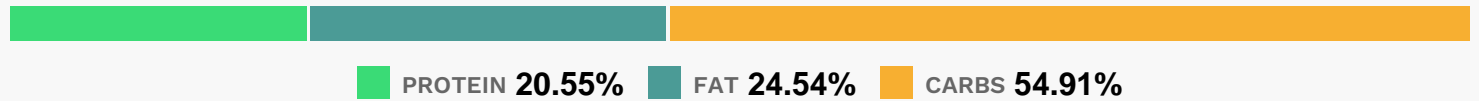
- frying pan

potato masher

Directions

- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Add onion to pan; cook 7 minutes or until golden, stirring occasionally.
- Add pinto beans and remaining ingredients; mash with a potato masher to desired consistency. Cook 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:3.8, Inflammation Score:-5, Nutrition Score:9.8078260460626%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 178.14kcal (8.91%), Fat: 4.94g (7.61%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 16.36g (5.95%), Sugar: 1.1g (1.23%), Cholesterol: 7.26mg (2.42%), Sodium: 268.44mg (11.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.63%), Folate: 150.89µg (37.72%), Fiber: 8.54g (34.14%), Manganese: 0.41mg (20.64%), Phosphorus: 147.34mg (14.73%), Vitamin B1: 0.2mg (13.58%), Potassium: 430.32mg (12.29%), Vitamin B6: 0.25mg (12.28%), Magnesium: 46.71mg (11.68%), Selenium: 7.66µg (10.94%), Iron: 1.95mg (10.81%), Copper: 0.2mg (10.12%), Zinc: 1.01mg (6.72%), Vitamin E: 0.9mg (6.02%), Vitamin C: 3.86mg (4.68%), Calcium: 44.37mg (4.44%), Vitamin B2: 0.07mg (4.04%), Vitamin B3: 0.75mg (3.76%), Vitamin K: 3.08µg (2.93%), Vitamin B5: 0.27mg (2.72%)