



Refried White Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce cannellini beans beans white undrained canned
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 large garlic cloves minced
- ☐ 1 cup green onions chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 teaspoons vegetable oil

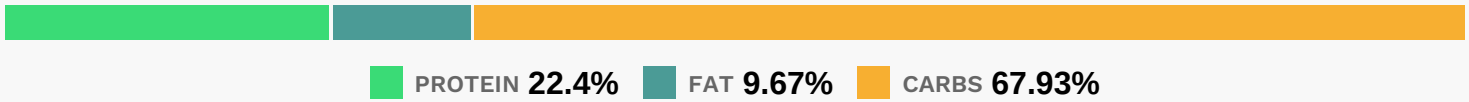
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add carrot; saut 5 minutes.
- ☐ Add onions and garlic; saut 2 minutes or until tender. Stir in cumin and beans; partially mash mixture with a potato masher. Cook 10 minutes or until thick, stirring frequently. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:5.96, Inflammation Score:-8, Nutrition Score:11.467826086542%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 141.62kcal (7.08%), Fat: 1.57g (2.41%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 19.05g (6.93%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 13.89mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.34%), Vitamin K: 33.67µg (32.07%), Manganese: 0.61mg (30.62%), Vitamin A: 1499.71IU (29.99%), Fiber: 5.73g (22.92%), Iron: 3.66mg (20.36%), Folate: 79µg (19.75%), Potassium: 556.57mg (15.9%), Magnesium: 59.46mg (14.87%), Copper: 0.27mg (13.42%), Phosphorus: 108mg (10.8%), Calcium: 95.11mg (9.51%), Zinc: 1.29mg (8.61%), Vitamin B1: 0.12mg (7.94%), Vitamin E: 1.08mg (7.2%), Vitamin B6: 0.11mg (5.74%), Vitamin C: 3.34mg (4.04%), Vitamin B2: 0.06mg (3.37%), Selenium: 1.97µg (2.81%), Vitamin B5: 0.24mg (2.37%), Vitamin B3: 0.29mg (1.47%)