



 **65%**  
HEALTH SCORE

## Savory Soup Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 3 cups pinto beans dried
- 6 garlic cloves minced
- 2 tablespoons olive oil
- 3 cups onion finely chopped
- 2 teaspoons paprika smoked spanish
- 2.5 teaspoons salt
- 7 cups water

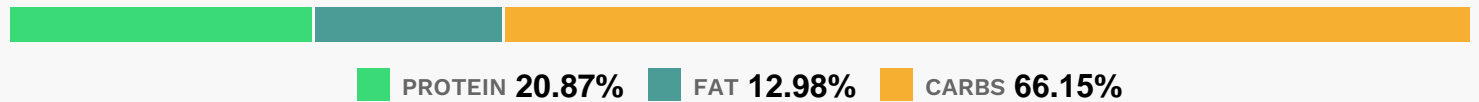
## Equipment

- frying pan
- paper towels
- sauce pan

## Directions

- Sort and wash beans; place in a large saucepan. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- Drain.
- Wipe pan dry with a paper towel.
- Heat oil in pan over medium–high heat.
- Add onion, paprika, and garlic; saut 4 minutes or until tender. Stir in beans, 7 cups water, and bay leaves; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beans are tender. Stir in salt. Discard bay leaves.
- Remove from heat; partially mash beans.

## Nutrition Facts



## Properties

Glycemic Index:13.88, Glycemic Load:14.74, Inflammation Score:-9, Nutrition Score:22.368260922639%

## Flavonoids

Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg

## Nutrients (% of daily need)

Calories: 310.92kcal (15.55%), Fat: 4.53g (6.97%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 51.91g (17.3%), Net Carbohydrates: 39.44g (14.34%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 748.95mg (32.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.76%), Folate: 391.73µg (97.93%), Fiber: 12.47g (49.87%), Manganese: 0.96mg (47.89%), Vitamin B1: 0.55mg (36.65%), Copper: 0.71mg (35.69%), Magnesium: 136.95mg (34.24%), Phosphorus: 319.9mg (31.99%), Potassium: 1116.52mg (31.9%), Selenium: 20.85µg (29.78%), Vitamin B6: 0.45mg (22.7%), Iron: 3.98mg (22.09%), Zinc: 1.82mg (12.16%), Vitamin C: 9.72mg (11.78%), Calcium: 107.71mg (10.77%), Vitamin B2: 0.18mg (10.49%), Vitamin B5: 0.67mg (6.68%), Vitamin K: 6.84µg (6.51%), Vitamin E: 0.82mg (5.44%), Vitamin A: 249.22IU (4.98%), Vitamin B3: 0.99mg (4.93%)