



Slow Cooker Pinto Bean Bonanza

 Gluten Free  Dairy Free

READY IN



605 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 2 slices bacon
- 15 ounce beans ranch-style canned
- 0.5 cup onion dried minced
- 2 teaspoons garlic powder
- 1 bell pepper green chopped
- 0.5 cup green onion chopped
- 2 teaspoons ground paprika

- 2 tablespoons pickled jalapeño peppers
- 2 teaspoons onion powder
- 2 cups pinto beans dry
- 1 tablespoon salt
- 6 ounce tomato paste canned
- 8 cups water
- 2 tablespoons sugar white

Equipment

- frying pan
- sauce pan
- slow cooker

Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Remove from heat; crumble bacon when cool.
- Bring water to a boil in a large saucepan, and stir in pinto beans. Simmer over medium-low heat until the beans soften, about 30 minutes; pour beans and water into a slow cooker. Stir in the bacon and bacon drippings, kielbasa, ranch-style beans, tomato paste, dried onion, apple cider vinegar, pickled jalapeno, sugar, salt, garlic powder, onion powder, and paprika. Set the cooker to Low, and cook until pinto beans are very tender, 9 to 10 hours.
- About 5 minutes before serving, stir in chopped green pepper.
- Serve topped with chopped green onion.

Nutrition Facts



Properties

Glycemic Index:52.93, Glycemic Load:9.51, Inflammation Score:-7, Nutrition Score:16.563478307232%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 226.85kcal (11.34%), Fat: 3.82g (5.87%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 28.03g (10.19%), Sugar: 9.52g (10.58%), Cholesterol: 4.84mg (1.61%), Sodium: 1451.38mg (63.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Fiber: 10.97g (43.89%), Vitamin C: 30.75mg (37.27%), Folate: 137.79µg (34.45%), Manganese: 0.67mg (33.45%), Vitamin K: 26.79µg (25.51%), Vitamin B6: 0.43mg (21.5%), Phosphorus: 209.82mg (20.98%), Potassium: 713.84mg (20.4%), Copper: 0.39mg (19.59%), Vitamin B1: 0.28mg (18.5%), Magnesium: 71.15mg (17.79%), Iron: 3mg (16.65%), Vitamin A: 603.23IU (12.06%), Vitamin E: 1.45mg (9.63%), Zinc: 1.44mg (9.58%), Selenium: 6.67µg (9.53%), Calcium: 92.81mg (9.28%), Vitamin B2: 0.13mg (7.93%), Vitamin B3: 1.5mg (7.5%), Vitamin B5: 0.47mg (4.66%)