



Slow Cooker Pinto Beans

 **Gluten Free**  **Dairy Free**

READY IN



800 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 pound forest ham black cubed
- 2 rib celery chopped
- 1 pound pinto beans dried
- 3 cloves garlic chopped
- 0.8 bell pepper diced green
- 1 teaspoon ground cumin to taste
- 1 onion chopped

- 1 tablespoon oregano dried to taste
- 1 tablespoon lard
- 1 tablespoon lard

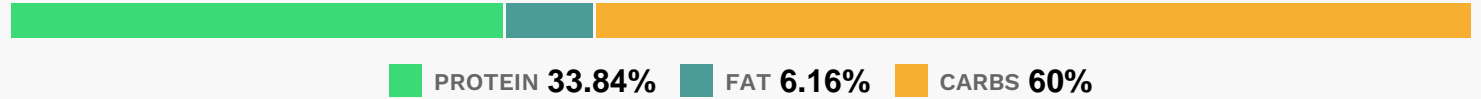
Equipment

- bowl
- slow cooker

Directions

- Cover pinto beans with water in a large bowl; allow beans to soak overnight.
- Place onion, green bell pepper, celery, garlic, Black Forest ham, soaked pinto beans, cumin, oregano, bay leaves, and lard in a slow cooker.
- Pour enough chicken broth into the slow cooker to cover the other ingredients.
- Cook on High until beans are very tender, 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:10.84, Inflammation Score:-8, Nutrition Score:17.78608685991%

Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 269.53kcal (13.48%), Fat: 1.84g (2.82%), Saturated Fat: 0.16g (1%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 30.69g (11.16%), Sugar: 4.12g (4.57%), Cholesterol: 30.62mg (10.21%), Sodium: 596.06mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.69g (45.39%), Folate: 303.07µg (75.77%), Fiber: 9.54g

(38.15%), Manganese: 0.74mg (37.14%), Potassium: 1009.05mg (28.83%), Vitamin B1: 0.42mg (28.13%), Copper: 0.53mg (26.44%), Magnesium: 105.22mg (26.31%), Phosphorus: 243.23mg (24.32%), Selenium: 16.09µg (22.99%), Iron: 4.08mg (22.68%), Vitamin C: 13.96mg (16.93%), Vitamin B6: 0.33mg (16.62%), Zinc: 1.37mg (9.16%), Calcium: 83mg (8.3%), Vitamin B2: 0.13mg (7.8%), Vitamin K: 8.05µg (7.66%), Vitamin B5: 0.49mg (4.86%), Vitamin B3: 0.78mg (3.92%), Vitamin E: 0.29mg (1.91%), Vitamin A: 58.13IU (1.16%)