



## Smashed Pinto Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



60 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup beef broth
- ☐ 30 ounce pinto beans rinsed drained canned
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon hot sauce
- ☐ 1 teaspoon olive oil
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 1 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup tomato sauce

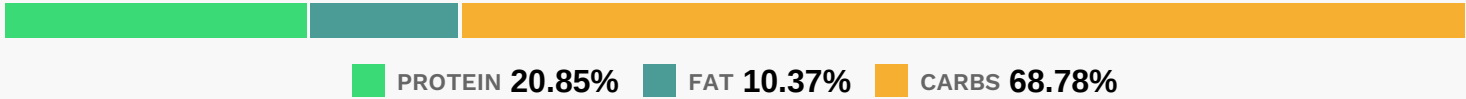
## Equipment

- ☐ potato masher
- ☐ dutch oven

## Directions

- ☐ Saut chopped onion in hot olive oil in a Dutch oven over medium-high heat 5 minutes or until onion is tender.
- ☐ Add minced garlic, and saut 1 minute. Stir in tomato sauce and remaining ingredients.
- ☐ Bring to a boil; reduce heat, and simmer 8 minutes.
- ☐ Mash bean mixture with a potato masher until thickened, leaving some beans whole.

## Nutrition Facts



## Properties

Glycemic Index:13.14, Glycemic Load:3.25, Inflammation Score:-2, Nutrition Score:3.6869564801455%

## Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

## Nutrients (% of daily need)

Calories: 60.04kcal (3%), Fat: 0.71g (1.1%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 7.56g (2.75%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 334.68mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Fiber: 3.09g (12.37%), Manganese: 0.23mg (11.65%), Phosphorus: 63.89mg (6.39%), Potassium: 219.46mg (6.27%), Iron: 1.07mg (5.95%), Magnesium: 22.94mg (5.73%), Copper: 0.11mg (5.72%), Folate: 17.29µg (4.32%), Vitamin B6: 0.07mg (3.59%), Vitamin E: 0.52mg (3.46%), Calcium: 34.2mg (3.42%), Vitamin C: 2.46mg (2.98%), Vitamin B1: 0.04mg (2.61%), Zinc: 0.38mg (2.55%), Vitamin B3: 0.4mg (2%), Vitamin K: 1.87µg (1.78%), Vitamin B2: 0.02mg (1.33%), Vitamin B5: 0.13mg (1.27%)