



 **28%**
HEALTH SCORE

Terry's Texas Pinto Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 teaspoon cumin
- 2 cloves garlic minced
- 0.5 cup salsa verde green
- 0.5 teaspoon pepper black
- 1 jalapeno fresh chopped
- 1 large onion chopped
- 1 pound pinto beans dry
- 29 ounce chicken broth canned

8 servings water

Equipment

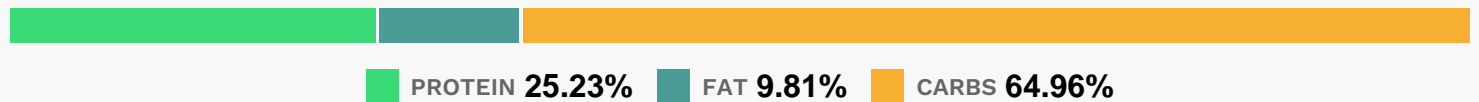
pot

Directions

Place the pinto beans in a large pot, and pour in the chicken broth. Stir in onion, jalapeno, garlic, salsa, cumin, and pepper. Bring to a boil, reduce heat to medium-low, and continue cooking 2 hours, stirring often, until beans are tender.

Add water as needed to keep the beans moist.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:2.79, Inflammation Score:-5, Nutrition Score:7.7878261130789%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 114.54kcal (5.73%), Fat: 1.29g (1.99%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 13.74g (5%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 146.16mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Folate: 101.63µg (25.41%), Fiber: 5.54g (22.18%), Manganese: 0.32mg (15.98%), Phosphorus: 122.66mg (12.27%), Potassium: 405.11mg (11.57%), Copper: 0.23mg (11.43%), Iron: 1.64mg (9.09%), Vitamin B6: 0.18mg (9.04%), Magnesium: 35.2mg (8.8%), Vitamin B3: 1.65mg (8.25%), Vitamin B1: 0.12mg (8.13%), Vitamin C: 4.71mg (5.7%), Selenium: 3.74µg (5.35%), Zinc: 0.74mg (4.92%), Calcium: 46.05mg (4.61%), Vitamin B2: 0.07mg (4.36%), Vitamin E: 0.61mg (4.06%), Vitamin K: 2.61µg (2.49%), Vitamin A: 111.45IU (2.23%), Vitamin B12: 0.1µg (1.71%), Vitamin B5: 0.15mg (1.54%)