



Vegan Refried Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- 15 ounce pinto beans drained canned
- 6 servings chili powder to taste
- 1 tablespoon olive oil
- 1 onion diced
- 3 tablespoons tomato paste
- 1 cup vegetable broth

Equipment

- frying pan

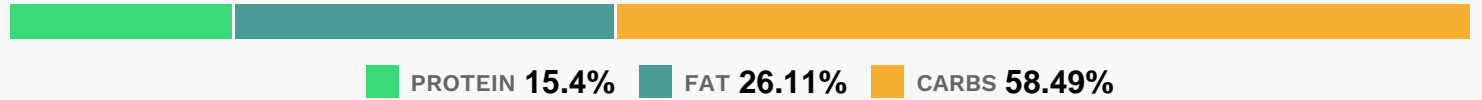
potato masher

Directions

Heat oil in a medium skillet over medium heat.

Saute onions until tender. Stir in beans, tomato paste, chili powder and vegetable broth. Cook 5 minutes, or until stock has reduced. Mash with a potato masher.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:4.51, Inflammation Score:-6, Nutrition Score:6.4947825151941%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 100.23kcal (5.01%), Fat: 3.07g (4.73%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 10.88g (3.96%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 443.39mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Fiber: 4.6g (18.38%), Vitamin A: 798.79IU (15.98%), Manganese: 0.31mg (15.36%), Vitamin E: 1.85mg (12.34%), Potassium: 342.52mg (9.79%), Iron: 1.68mg (9.32%), Copper: 0.17mg (8.56%), Phosphorus: 83.16mg (8.32%), Magnesium: 31.56mg (7.89%), Vitamin B6: 0.13mg (6.68%), Vitamin K: 5.99µg (5.71%), Folate: 22.01µg (5.5%), Calcium: 47.03mg (4.7%), Vitamin C: 3.62mg (4.39%), Zinc: 0.56mg (3.76%), Vitamin B1: 0.06mg (3.67%), Vitamin B3: 0.69mg (3.45%), Vitamin B2: 0.05mg (2.78%), Vitamin B5: 0.15mg (1.48%), Selenium: 0.92µg (1.32%)