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## Refried Beans without Cheese ♦♦

Refried beans without cheese is a vegan recipe that is commonly consumed as a side dish or filling for tacos and burritos. The beans are cooked until soft, mashed, and then fried with onions, garlic, and spices.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** 30 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	canned pinto beans
<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	ground cumin

1 tsp salt

0.5 tsp black pepper

## Directions

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### Step 1

Rinse the canned pinto beans with water.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Chop the onion and mince the garlic cloves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stove

Heat olive oil in a pan over medium heat. Add the chopped onion and minced garlic.

Cook until the onion is translucent.

**Prep Time:** 3 mins

**Cook Time:** 5 mins

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## Step 4

Stove

Add the rinsed pinto beans to the pan. Mash the beans with a fork or potato masher.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Stove

Season with ground cumin, salt, and black pepper. Cook for another 5 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Serving

Serve hot as a side dish or filling for tacos and burritos.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 3 g

**Protein:** 6 g

**Carbohydrates:** 19 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	19 g	34.55%	38%
Fibers	6 g	15.79%	24%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	270 mg	7.94%	10.38%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Cuisines

Mexican

### Course

Side Dishes

Snacks

### Cultural

Chinese New Year

Diwali

Thanksgiving

Easter

### Cost

\$10 to \$20

\$20 to \$30

### Diet

Low Carb, High Fat (LCHF) Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Beverly Hills Diet

The Baby Food Diet

### Meal Type

Brunch

Supper

### Difficulty Level

Medium

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