

Pinto Bean Casserole

Jack Derlin

Gourmet Eating in South Carolina - (1985)

*1 can Mexican style pinto beans
1 medium onion, chopped
1 bell pepper, chopped
hot pepper (optional), chopped
bacon strips*

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Preheat the oven to 350 degrees.

Combine the pinto beans, onion, bell pepper
and, if desired, the hot pepper in a casserole
dish.

Lay the bacon strips on top.

Bake until the bacon is done.

Per Serving (excluding unknown
items): 74 Calories; trace Fat (4.3%
calories from fat); 2g Protein; 17g
Carbohydrate; 4g Dietary Fiber;
0mg Cholesterol; 6mg Sodium.
Exchanges: 3 Vegetable.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	74
% Calories from Fat:	4.3%
% Calories from Carbohydrates:	84.3%
% Calories from Protein:	11.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	4g
Protein (g):	2g
Sodium (mg):	6mg
Potassium (mg):	383mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	47mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3
Fruit:	0

Calcium (mg): 33mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 113mg
Vitamin A (i.u.): 752IU
Vitamin A (r.e.): 75RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 74 **Calories from Fat:** 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	17g	6%
Dietary Fiber	4g	16%
Protein	2g	

Vitamin A	15%
Vitamin C	189%
Calcium	3%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.