

Pinto bean

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The **pinto bean** is a variety of the common bean (*Phaseolus vulgaris*).

It is the most popular bean in the United States^[1] and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be harvested and cooked as green pinto beans.

In Spanish, they are called *frijol pinto*, literally "speckled bean", and in South America it is known as the *poroto frutilla*, literally "strawberry bean". In Portuguese, they are called *feijão carioca* in Brazil (literally "*carioca* bean") and *feijão catarino* in Portugal. It is named for its mottled skin (compare pinto horse), hence it is a type of mottled bean.

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Background

The pinto bean is the bean most commonly used for refried beans (fresh or canned) and in many dishes. This variety is often used in chili con carne, although kidney beans, black beans, and many others may also be used in other locales (see below).

Pinto beans are commonly eaten beans in Brazilian cuisine (legumes, mainly common bean, are a staple food everywhere in the country, cultivated since 3000 BCE, along with starch-rich foods, such as rice, manioc, pasta, and other wheat-based products, polenta and other corn-based products, potatoes and yams).

In the Southern United States, pinto beans were once a staple of the people, especially during the winter

Beans, pinto, mature seeds, cooked, boiled, with salt



Nutritional value per 100 g

Energy	598 kJ (143 kcal)	
Carbohydrates	26.22	
Sugars	0.34	
Dietary fiber	9.0	
Fat	0.65	
Saturated	0.109	
Trans	0	
Monounsaturated	0.106	
Polyunsaturated	0.188	
Protein	9.01	
Vitamins		
Vitamin A equiv.	0 µg	(0%)
Vitamin A	0 IU	
Thiamine (B ₁)	0.193 mg	(17%)
Riboflavin (B ₂)	0.062 mg	(5%)
Niacin (B ₃)	0.318 mg	(2%)
Vitamin B ₆	0.229 mg	(18%)
Folate (B ₉)	172 µg	(43%)
Vitamin B ₁₂	0 µg	(0%)
Vitamin C	0.8 mg	(1%)
Vitamin D	0 µg	(0%)
Vitamin D	0 IU	(0%)
Vitamin E	0.94 mg	(6%)
Vitamin K	3.5 µg	(3%)
Minerals		
Calcium	46 mg	(5%)
Iron	2.09 mg	(16%)
Magnesium	50 mg	(14%)
Phosphorus	147 mg	(21%)

months. Some organizations and churches in rural areas still sponsor "pinto bean suppers" for social gatherings and fund raisers.

Varieties

Pinto bean varieties include:

- 'Burke'
- 'Hidatsa'
- 'Maverick'
- 'Othello'
- 'Sierra'

The **alubia pinta alavesa**, or the "Alavese pinto bean", a red variety of the pinto bean, originated in Añana,^[2] a town and municipality located in the province of Álava, in the Basque Country of northern Spain. In October, the *Feria de la alubia pinta alavesa* (Alavese pinto bean fair) is celebrated in Pobes.^[3]

Nutrition

Legumes in general are nutrient dense. Pinto beans are no exception containing many essential nutrients. This food is very low in saturated fat. It is also a good source of protein, phosphorus and manganese, and a very good source of dietary fiber and folate.^[4]

Rice and pinto beans served with cornbread or corn tortillas are often a staple meal where meat is unavailable; the amino acids in this combination make it a complete protein source.

Studies have indicated pinto beans can lower the levels of both HDL and LDL cholesterol.^{[5][6]} Pinto beans have also been shown to contain the phytoestrogen coumestrol, which has a variety of possible health effects.^[7]

References

- ↑ "Maize 2003 CGC Meeting". *Ars-grin.gov*. Retrieved 2012-01-14.
- ↑ Recetas para acordarse de sabores perdidos (<http://www.noticiasdealava.com/ediciones/2005/04/23/sociedad/alava/d23ala12.123891.php>): "Añana. Es el origen de la alubia pinta alavesa y, como tal, esta legumbre pesa en su cocina. Ya sea en cocido, crema o sopa. El queso Idiazábal o el conejo son otros de sus manjares." (Spanish)
- ↑ Algunas de las ferias tradicionales en Euskadi (http://www.hiru.com/es/aisialdia/aisia_07_02_04.html): "La Feria de la alubia pinta alavesa, que se celebra en octubre en la localidad de Pobes." (Spanish)
- ↑ "Beans, pinto, mature seeds, cooked, boiled, with salt". *Nutrition Facts*. Retrieved 16 January 2016.
- ↑ "Pinto bean consumption changes SCFA profiles in fecal fermentations, bacterial populations of the lower bowel, and lipid profiles in blood of humans". *J. Nutr.* **137** (11): 2391–8. November 2007. PMID 17951475.
- ↑ "Pinto Bean Consumption Reduces Biomarkers for Heart Disease Risk". *Jacn.org*. Retrieved 2012-01-14.
- ↑ Bhagwat, Seema; Haytowitz, David; Holden, Joanne (September 2008). *USDA Database for the Isoflavone Content of Selected Foods* (PDF) (Release 2.0 ed.). Beltsville, Maryland: U.S. Department of Agriculture. Retrieved 10 March 2015.

Potassium	436 mg	(9%)
Sodium	238 mg	(16%)
Zinc	0.98 mg	(10%)

Other constituents

Water	62.95 g
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Units

µg = micrograms • mg = milligrams

IU = International units

Percentages are roughly approximated using US recommendations for adults.

Source: USDA Nutrient Database (<http://ndb.nal.usda.gov/ndb/search/list>)



Alubia pinta alavesa

External links

- Media related to Phaseolus vulgaris seeds at Wikimedia Commons
- Pinto Bean at Wikibook Cookbooks

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