

Red Bean Paste

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-red-bean-paste-recipe>

Ingredients:

- 1 cup red beans Chinese, azuki bean,around 200g
- 3 cups water
- 1 cup sugar
- 1 pinch salt
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- 3 cups water
- 1 cup sugar
- 2 tablespoons butter oil 28 to 30g
- 1 pinch salt

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 156 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 14 grams
6. Protein: 21 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 180 milligrams
9. Sugar: 102 grams

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