



## Almost Boston Baked Beans

 **Gluten Free**  **Dairy Free**

READY IN



240 min.

SERVINGS



7

CALORIES



149 kcal

SIDE DISH

### Ingredients

- 1 teaspoon apple cider vinegar
- 4 ounces bacon diced
- 7 servings pepper black freshly ground to taste
- 3 tablespoons chili sauce such as heinz (or ketchup)
- 1 lb pea beans dried white (other beans may be substituted but increase cooking time)
- 2 tablespoons dijon mustard
- 1 tablespoon garlic minced
- 0.5 teaspoon kosher salt to taste ()

- 2 tablespoons maple syrup
- 2 tablespoons blackstrap molasses (not blackstrap)
- 4 cups water with 4)
- 1 medium onion diced white
- 1 tablespoon worcestershire sauce

## Equipment

## Nutrition Facts

**PROTEIN 13.07%** **FAT 40.45%** **CARBS 46.48%**

## Properties

Glycemic Index:40.5, Glycemic Load:5.95, Inflammation Score:-2, Nutrition Score:5.5730434782609%

## Flavonoids

Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

## Nutrients (% of daily need)

Calories: 149.44kcal (7.47%), Fat: 6.75g (10.39%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 16.8g (6.11%), Sugar: 9.53g (10.59%), Cholesterol: 10.69mg (3.56%), Sodium: 448.47mg (19.5%), Protein: 4.91g (9.82%), Manganese: 0.29mg (14.64%), Vitamin C: 11.95mg (14.49%), Iron: 2.28mg (12.64%), Vitamin B2: 0.17mg (9.81%), Vitamin B1: 0.14mg (9.39%), Selenium: 6.06µg (8.66%), Calcium: 82.33mg (8.23%), Phosphorus: 79.28mg (7.93%), Vitamin B3: 1.46mg (7.32%), Vitamin B6: 0.13mg (6.4%), Potassium: 207.41mg (5.93%), Magnesium: 23.54mg (5.88%), Copper: 0.08mg (4.19%), Fiber: 0.66g (2.62%), Zinc: 0.35mg (2.3%), Vitamin B5: 0.18mg (1.76%), Vitamin E: 0.22mg (1.43%), Vitamin B12: 0.08µg (1.35%), Vitamin A: 55.63IU (1.11%), Folate: 4.11µg (1.03%)