



WHAT'SHEATE



Amber Ale Baked Beans



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce amber ale (such as Redhook)
- ☐ 2 slices bacon uncooked chopped ()
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup brown sugar packed
- ☐ 64 ounce pinto beans low-sodium rinsed drained canned
- ☐ 2 teaspoons chili powder
- ☐ 3 tablespoons dijon mustard

- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon garlic minced
- ☐ 0.8 cup no salt-added ketchup
- ☐ 2 cups water
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 medium onion yellow peeled quartered
- ☐ 2 cups onion yellow chopped (2 medium)

Equipment

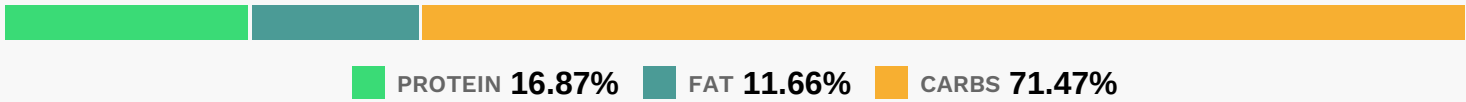
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 5 ingredients in a Dutch oven; bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Drain over a large bowl; reserve cooking liquid. Discard onion and bay leaves.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside.
- ☐ Add chopped onion to drippings in pan; cook 10 minutes or until golden brown and caramelized, stirring frequently.
- ☐ Add garlic and chili powder to pan; cook 1 minute, stirring frequently.
- ☐ Add ketchup and next 5 ingredients (through ale) and 1/2 cup reserved bean liquid to pan; bring to a boil.
- ☐ Add beans and bacon. Reduce heat, and simmer for 10 minutes or until slightly thick.
- ☐ Transfer to a 13 x 9-inch baking dish coated with cooking spray.

Bake at 300 for 45 minutes or until thick.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:11.23, Inflammation Score:-6, Nutrition Score:12.740869568742%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 275.03kcal (13.75%), Fat: 3.43g (5.28%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 36.84g (13.4%), Sugar: 13.79g (15.32%), Cholesterol: 3.23mg (1.08%), Sodium: 873.11mg (37.96%), Alcohol: 1.47g (100%), Alcohol %: 0.44% (100%), Protein: 11.17g (22.35%), Fiber: 10.49g (41.98%), Manganese: 0.77mg (38.43%), Phosphorus: 227.31mg (22.73%), Potassium: 720.92mg (20.6%), Iron: 3.6mg (19.99%), Magnesium: 79.76mg (19.94%), Copper: 0.39mg (19.45%), Folate: 61.1µg (15.28%), Vitamin B6: 0.27mg (13.54%), Calcium: 128.3mg (12.83%), Vitamin B1: 0.16mg (10.69%), Vitamin E: 1.37mg (9.14%), Zinc: 1.36mg (9.05%), Vitamin C: 5.75mg (6.97%), Vitamin B3: 1.35mg (6.77%), Selenium: 4.46µg (6.36%), Vitamin K: 5.11µg (4.87%), Vitamin B2: 0.08mg (4.79%), Vitamin B5: 0.46mg (4.64%), Vitamin A: 142.84IU (2.86%), Vitamin B12: 0.12µg (2%)