



Baked Beans

 Dairy Free

READY IN



750 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 6 ounces brown sugar
- 1.5 pounds cannelloni beans dry
- 2 ounces blackstrap molasses
- 1 tablespoon mustard dry english
- 1 onion sliced
- 4 ounces pork flank salted
- 6 servings salt and pepper black freshly ground

- 6 servings buttered toast for serving
- 5 ounces tomato sauce

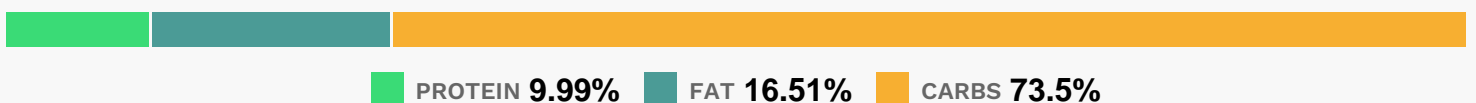
Equipment

- bowl
- oven
- pot

Directions

- Soak the beans overnight in plenty of cold water to soften them.
- Drain away the water when ready to prepare your baked beans and rinse under cold water to remove any sand or grit.
- In a large pot with plenty of water, simmer the beans with a touch of salt until they start splitting. Skim the top regularly and add water if the level falls below the beans.
- Drain and reserve the liquid.
- Allow the beans to cool down for 1 hour before handling. Preheat oven to 225 degrees F.
- Add the beans back to the pot.
- Add the sliced onion, molasses, mustard, brown sugar, tomato sauce, and the remaining cooking liquid to the pot.
- Add more water to cover the beans if there is not enough cooking liquid. Season lightly with salt and pepper and add the bay leaves.
- To make more traditional baked beans, add a chunk of salted pork flank or bacon slices.
- Bake the beans, covered, for 12 hours overnight. Check in the morning to see if you need to add a touch of liquid. If not, beans are ready to eat.
- Serve in bowl with toast.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:5.43, Inflammation Score:-6, Nutrition Score:9.4726086751274%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 246.83kcal (12.34%), Fat: 4.68g (7.19%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 44.42g (16.15%), Sugar: 36.55g (40.61%), Cholesterol: 13.62mg (4.54%), Sodium: 359.98mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin C: 26.97mg (32.69%), Folate: 121.35µg (30.34%), Magnesium: 65.48mg (16.37%), Potassium: 566.66mg (16.19%), Iron: 2.38mg (13.24%), Manganese: 0.23mg (11.66%), Vitamin B1: 0.16mg (10.71%), Calcium: 106.01mg (10.6%), Selenium: 7.22µg (10.32%), Fiber: 2.43g (9.7%), Vitamin B6: 0.19mg (9.7%), Phosphorus: 93.15mg (9.32%), Copper: 0.18mg (9.22%), Zinc: 1mg (6.65%), Vitamin B3: 1.24mg (6.18%), Vitamin B2: 0.07mg (4.04%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.35mg (2.32%), Vitamin B12: 0.13µg (2.21%), Vitamin A: 106.59IU (2.13%)