



Baked Beans

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon chopped
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 cup cider vinegar
- ☐ 0.8 cup catsup
- ☐ 2 twenty-eight ounce cans beans red drained and rinsed canned
- ☐ 1 medium onion chopped
- ☐ 8 servings salt and pepper to taste

- ☐ 0.8 cup tomato purée
- ☐ 1 tablespoon worcestershire sauce

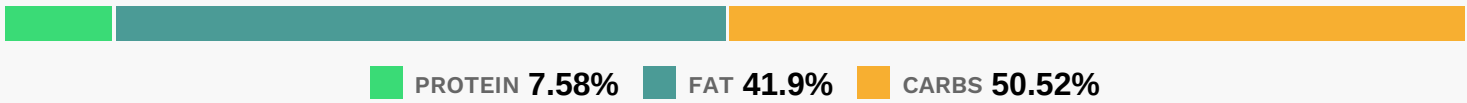
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Put a heavy-bottomed pot (with a lid) over medium-high heat.
- ☐ Add the bacon and cook, stirring often, until the fat renders and bacon begins to crisp, about 6–8 minutes.
- ☐ Add the onion and cook until softened, about 5 minutes more. Stir in the ketchup, tomato puree, brown sugar, vinegar, Worcestershire, salt, pepper, and cayenne and mix well. Bring to a simmer and cook for 5 minutes. Stir in the beans until well coated, cover, and bake in the oven for 1 hour.
- ☐ Remove the lid and continue baking until sauce thickens and the beans begin to brown, about 15 minutes more.
- ☐ Remove from the oven and allow to cool at least 15 minutes before serving.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:4.3908695734066%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 185.04kcal (9.25%), Fat: 8.83g (13.59%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 23.17g (8.42%), Sugar: 20.15g (22.39%), Cholesterol: 14.52mg (4.84%), Sodium: 582.81mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin B3: 1.62mg (8.09%), Potassium: 277.25mg (7.92%), Vitamin B6: 0.15mg (7.43%), Selenium: 5.01µg (7.16%), Vitamin E: 0.93mg (6.2%), Vitamin C: 4.92mg (5.96%), Copper: 0.12mg (5.8%), Manganese: 0.11mg (5.65%), Vitamin A: 276.79IU (5.54%), Phosphorus: 54.04mg (5.4%), Vitamin B1: 0.08mg (5.16%), Iron: 0.87mg (4.83%), Vitamin B2: 0.08mg (4.82%), Magnesium: 14.64mg (3.66%), Fiber: 0.79g (3.15%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.28mg (2.76%), Calcium: 26.59mg (2.66%), Folate: 7.96µg (1.99%), Vitamin B12: 0.11µg (1.83%), Vitamin K: 1.64µg (1.56%)