

Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 teaspoon ground mustard dry
- ☐ 1 pound turtle beans dry
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 pound slab bacon cut into 1 1/2-inch chunks
- ☐ 1 large onion white quartered

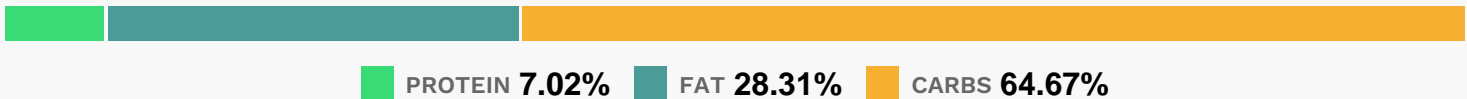
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place the beans in a large bowl.
- ☐ Add enough water to cover by three inches.
- ☐ Let stand at least 10 hours.
- ☐ Drain and transfer to a large saucepan.
- ☐ Add just enough water to cover.
- ☐ Let simmer, adjusting the water level so the beans remain just covered, until the skins open readily, about 1 hour. Meanwhile, whisk together the molasses, vinegar, mustard, sugar, pepper, and 2 tablespoons of water.
- ☐ Drain the beans.
- ☐ Place the onion in a 2-quart Dutch oven.
- ☐ Add the beans. Cover with the salt pork or bacon. Cover with the molasses mixture.
- ☐ Heat oven to 300 F. Cover Dutch oven and bake, checking often, until the beans are tender, the meat is falling apart, and the liquid is thick and bubbly, about 6 hours.
- ☐ Add more water (or even a second batch of the molasses mixture) if the beans start to dry out.
- ☐ Serve with buttered bread.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:5.81, Inflammation Score:-4, Nutrition Score:5.9691304250256%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg 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: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 183.51kcal (9.18%), Fat: 5.86g (9.02%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 28.92g (10.52%), Sugar: 24.68g (27.42%), Cholesterol: 9.36mg (3.12%), Sodium: 107.58mg (4.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin C: 13.31mg (16.14%), Folate: 60.81µg (15.2%), Manganese: 0.29mg (14.41%), Magnesium: 55.63mg (13.91%), Potassium: 407.18mg (11.63%), Selenium: 6.14µg (8.77%), Iron: 1.53mg (8.5%), Vitamin B6: 0.16mg (8.05%), Calcium: 72.37mg (7.24%), Copper: 0.13mg (6.55%), Phosphorus: 55.26mg (5.53%), Fiber: 1.22g (4.86%), Vitamin B3: 0.75mg (3.75%), Vitamin B1: 0.06mg (3.71%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.24mg (2.36%), Vitamin B12: 0.07µg (1.18%), Vitamin B2: 0.02mg (1.03%)