



Baked Beans and Ham

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



559 kcal

SIDE DISH

Ingredients

- 3 tablespoons brown sugar
- 2 cups ham cooked chopped
- 2 cups catsup
- 20 ounce bean soup mix dried
- 0.5 teaspoon pepper dried red crushed
- 0.5 teaspoon salt
- 16 ounce ham hocks smoked
- 2 tablespoons spicy brown mustard

- 1 large onion diced sweet
- 2 tablespoons vegetable oil
- 4 cups water

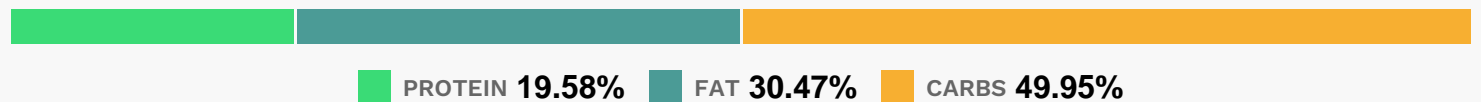
Equipment

- oven
- dutch oven

Directions

- Place beans in a Dutch oven; add water 2 inches above beans, and soak 8 hours.
- Drain.
- Bring beans, 4 cups water, and ham hocks to a boil in a Dutch oven; cover, reduce heat, and simmer 1 hour or until beans are tender.
- Drain.
- Remove beans; set beans aside.
- Remove ham hocks, and let cool; chop meat, discarding skin and bones.
- Saut onion and 2 cups ham in hot oil in Dutch oven 5 minutes or until onion is tender.
- Add beans, reserved meat from ham hocks, ketchup, next 4 ingredients, and, if desired, bourbon to Dutch oven.
- Bake, covered, at 350 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:15.320434860561%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.52mg,

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Nutrients (% of daily need)

Calories: 559.36kcal (27.97%), Fat: 19.07g (29.34%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 70.36g (23.45%), Net Carbohydrates: 64.92g (23.61%), Sugar: 22.58g (25.09%), Cholesterol: 82.42mg (27.47%), Sodium: 6903.24mg (300.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.16%), Vitamin B6: 0.64mg (32.02%), Manganese: 0.6mg (29.82%), Potassium: 1030.38mg (29.44%), Phosphorus: 263.41mg (26.34%), Vitamin B1: 0.38mg (25.23%), Vitamin B2: 0.37mg (21.94%), Fiber: 5.43g (21.74%), Copper: 0.38mg (19.09%), Vitamin C: 13.45mg (16.31%), Magnesium: 63.56mg (15.89%), Selenium: 11.12µg (15.88%), Vitamin B3: 3mg (15%), Calcium: 141.81mg (14.18%), Iron: 2.48mg (13.76%), Zinc: 1.62mg (10.82%), Vitamin B5: 0.94mg (9.39%), Vitamin K: 9.36µg (8.91%), Vitamin E: 1.32mg (8.77%), Vitamin A: 358.57IU (7.17%), Vitamin B12: 0.4µg (6.64%), Folate: 16.11µg (4.03%)