

# Baked Beans from Scratch

 Gluten Free  Dairy Free

READY IN



930 min.

SERVINGS



5

CALORIES



244 kcal

SIDE DISH

## Ingredients

- 2 tablespoons brown sugar
- 0.1 teaspoon chili powder
- 1 cup navy beans dried
- 0.1 teaspoon pepper black
- 0.3 cup catsup
- 0.3 cup maple syrup
- 2 tablespoons blackstrap molasses
- 1 small onion chopped

- 0.5 teaspoon salt
- 4 cups water
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- sauce pan
- oven
- pot
- casserole dish

## Directions

- Place the navy beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour.
- Drain and rinse before using.
- Place the beans in a large saucepan with 4 cups of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 1 hour.
- Preheat an oven to 375 degrees F (190 degrees C). Stir the ketchup, maple syrup, brown sugar, molasses, Worcestershire sauce, salt, pepper, and chili powder together in a small bowl; set aside.
- Once the beans have simmered for 1 hour, drain, and reserve the cooking liquid.
- Pour the beans into a 1 1/2 quart casserole dish and stir in the chopped onion and the molasses sauce. Stir in enough of the reserved cooking liquid so the sauce covers the beans by 1/4 inch.
- Cover, and bake in the preheated oven for 10 minutes, then reduce the heat to 200 degrees F (95 degrees C), and cook 6 hours longer. Stir the beans after they have cooked for 3 hours. Once the beans are tender and the sauce has reduced and is sticky, remove from the oven, stir, recover, and allow to stand 15 minutes before serving.

## Nutrition Facts



■ PROTEIN 15.27% ■ FAT 2.39% ■ CARBS 82.34%

## Properties

Glycemic Index:27.9, Glycemic Load:6.88, Inflammation Score:-6, Nutrition Score:14.812173890031%

## Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

## Nutrients (% of daily need)

Calories: 244.01kcal (12.2%), Fat: 0.67g (1.03%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 41.23g (14.99%), Sugar: 25.17g (27.96%), Cholesterol: 0mg (0%), Sodium: 375.67mg (16.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.17%), Manganese: 1.12mg (56.17%), Fiber: 10.45g (41.82%), Folate: 155.33µg (38.83%), Magnesium: 101.15mg (25.29%), Vitamin B1: 0.35mg (23.01%), Copper: 0.44mg (21.89%), Potassium: 717.82mg (20.51%), Phosphorus: 180.11mg (18.01%), Vitamin B2: 0.3mg (17.57%), Iron: 2.86mg (15.91%), Vitamin B6: 0.27mg (13.53%), Zinc: 1.72mg (11.5%), Calcium: 111.6mg (11.16%), Selenium: 6.23µg (8.9%), Vitamin B3: 1.21mg (6.03%), Vitamin B5: 0.4mg (4.04%), Vitamin C: 1.68mg (2.04%), Vitamin A: 77.89IU (1.56%), Vitamin K: 1.6µg (1.53%), Vitamin E: 0.21mg (1.38%)