



WHATSheATE



Baked Beans in Tomato Sauce



Gluten Free



Dairy Free



Popular

READY IN



225 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 1 pound cannellini beans dry
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 pound bacon roughly chopped
- ☐ 0.5 medium onion chopped
- ☐ 4 garlic cloves chopped
- ☐ 1 tablespoon sage fresh minced (can sub rosemary)
- ☐ 0.5 teaspoon chile flakes (depending on how spicy you want it)
- ☐ 2 tablespoons honey

- ☐ 0.3 cup tomato paste
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 2 cups chicken stock see gluten-free for version (use stock)
- ☐ 8 servings salt
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 tablespoons balsamic vinegar

Equipment

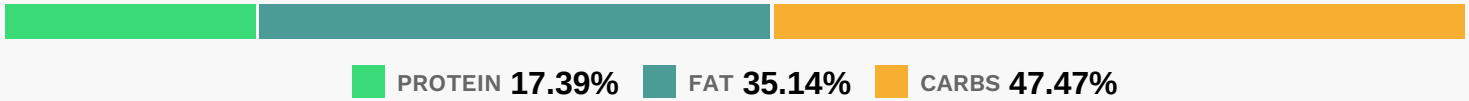
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Soak the beans in water: Pre-soak the beans, either by covering with two inches of water and soaking overnight, or by pouring boiling water over them and soaking them for an hour.
- ☐ Drain beans, cover with water, cook until tender:
- ☐ Drain the beans and put them in a medium-sized pot and cover with 2 inches of water. Bring to a simmer, cover, reduce the heat to a low simmer and cook until the beans are just soft enough to eat, about 1 hour, give or take 15 minutes or so, depending on how old the beans are (older beans will take longer to cook).
- ☐ Cook bacon or pancetta: Preheat the oven to 325°F. In a 3 or 4 quart heavy-bottomed, oven-proof, lidded pot such as a Dutch oven, heat the olive oil over medium heat.
- ☐ Add the bacon or pancetta and cook slowly until lightly browned and crispy.
- ☐ Sauté onions:
- ☐ Add the chopped onions and increase the heat to medium-high. Cook, stirring often, until the onions begin to brown. Use a wooden spoon to scrape any browned bits off the bottom of the pot.
- ☐ Add garlic, chili flakes, sage, then add tomatoes and stock:
- ☐ Add the garlic, chile flakes and sage and cook for 1-2 minutes, then add the honey and tomato paste. Stir well to combine.

- ☐ Add the tomatoes or tomato sauce and the stock. Bring to a simmer. Taste for salt and add some if needed.
- ☐ Drain the beans and add them to the pot. Stir well.
- ☐ Cover the pot and cook in a 325°F oven for 1 hour and 15 minutes.
- ☐ If still a bit wet, remove the cover and cook for 15 minutes more.
- ☐ Note that the cooking time will depend on several things, the most important being how thoroughly the beans were cooked to begin with when they were simmered.
- ☐ If the beans are still a bit hard when they go in the oven, it may take several hours to soften them, once the tomato and honey have been added.
- ☐ Stir in parsley and balsamic vinegar: Right before serving, gently stir in the chopped parsley and balsamic vinegar. Taste for salt, add more if needed to taste.
- ☐ Serve either hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.28, Glycemic Load:4.55, Inflammation Score:-7, Nutrition Score:14.148260759271%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 213.3kcal (10.67%), Fat: 8.61g (13.25%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 20.5g (7.46%), Sugar: 9.54g (10.6%), Cholesterol: 11.16mg (3.72%), Sodium: 515.32mg (22.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Vitamin K: 66.61µg (63.44%), Manganese: 0.47mg (23.58%), Fiber: 5.68g (22.7%), Folate: 76.19µg (19.05%), Potassium: 599.73mg (17.14%), Vitamin C: 13.59mg (16.47%), Phosphorus: 161.94mg (16.19%), Copper: 0.32mg (16.17%), Iron: 2.7mg (15%), Vitamin B3: 2.9mg (14.48%), Vitamin B6: 0.27mg (13.65%), Vitamin B1: 0.2mg (13.62%), Magnesium: 50.46mg (12.62%), Vitamin A: 607.3IU (12.15%), Selenium: 7.57µg (10.81%), Vitamin E: 1.43mg (9.51%), Vitamin B2: 0.15mg (8.64%), Calcium: 74.29mg (7.43%), Zinc: 1.04mg (6.92%), Vitamin B5: 0.43mg (4.28%), Vitamin B12: 0.07µg (1.18%)