



Baked Beans With Bacon

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



469 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 15 ounce navy beans undrained canned
- ☐ 30 ounce pinto beans drained and rinsed canned
- ☐ 15 ounce canned tomatoes whole crushed canned
- ☐ 2.5 teaspoons chili powder
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 2 hamburger buns white

- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons blackstrap molasses
- ☐ 1 teaspoon ground mustard
- ☐ 1 small onion finely chopped
- ☐ 3 ounces pancetta diced
- ☐ 5 slices bacon diced thick-cut
- ☐ 1 tablespoon worcestershire sauce

Equipment

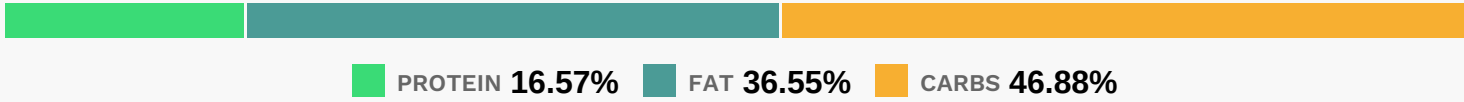
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 375 degrees F. Cook the pancetta and about two-thirds of the bacon in a large skillet over medium heat, stirring occasionally, until crisp, about 10 minutes.
- ☐ Transfer the bacon and pancetta to a bowl using a slotted spoon. Reserve the drippings in the skillet.
- ☐ Add the onion to the skillet and cook, stirring occasionally, until soft and golden, about 8 minutes.
- ☐ Add the ginger, garlic and chili powder and cook, stirring, 1 minute.
- ☐ Add the tomatoes and their juice, the molasses, Worcestershire sauce, vinegar, mustard powder, 1/2 teaspoon salt, and pepper to taste. Increase the heat to medium high, bring to a simmer and cook until slightly thickened, about 5 minutes.
- ☐ Add the pinto beans, then add the navy beans and their liquid and return to a simmer. Stir in the pancetta-bacon mixture.
- ☐ Transfer to a 2-quart baking dish.

- ☐
- Pulse the buns with the remaining uncooked bacon in a food processor until finely ground.
- ☐
- Sprinkle the crumbs evenly over the bean mixture. Cover and bake 45 minutes, then uncover and bake until the crumbs are golden brown, about 20 more minutes.
- ☐
- Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:52.3, Glycemic Load:14.78, Inflammation Score:-7, Nutrition Score:21.489130408868%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 468.55kcal (23.43%), Fat: 19.4g (29.85%), Saturated Fat: 6.25g (39.08%), Carbohydrates: 56.02g (18.67%), Net Carbohydrates: 43.77g (15.92%), Sugar: 13.58g (15.09%), Cholesterol: 29.16mg (9.72%), Sodium: 1372.09mg (59.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.58%), Manganese: 1.12mg (55.85%), Fiber: 12.25g (48.99%), Phosphorus: 336.66mg (33.67%), Magnesium: 130.9mg (32.73%), Potassium: 1115.34mg (31.87%), Iron: 5.63mg (31.28%), Copper: 0.61mg (30.55%), Vitamin B1: 0.41mg (27.3%), Vitamin B6: 0.52mg (26.17%), Selenium: 18.22µg (26.03%), Folate: 99.8µg (24.95%), Vitamin B3: 4.02mg (20.1%), Vitamin E: 2.8mg (18.65%), Calcium: 175.96mg (17.6%), Zinc: 2.25mg (15.02%), Vitamin C: 9.64mg (11.69%), Vitamin B2: 0.17mg (10.09%), Vitamin K: 9.8µg (9.33%), Vitamin B5: 0.91mg (9.15%), Vitamin A: 418.55IU (8.37%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.18µg (1.18%)