



Barbeque Baked Beans

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



619 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 56 ounce baked beans canned
- ☐ 0.8 cup brisket chopped
- ☐ 0.5 cup brown sugar
- ☐ 2 cloves garlic chopped
- ☐ 0.5 tablespoon ground mustard
- ☐ 0.5 tablespoon ground pepper fresh black
- ☐ 2 cups catsup

- ☐ 1 tablespoon juice of lemon
- ☐ 5 tablespoons brown sugar light
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion chopped
- ☐ 0.5 tablespoon onion powder
- ☐ 3.8 tablespoons onion powder
- ☐ 1.5 cups paprika
- ☐ 1 bell pepper red chopped
- ☐ 0.8 cup sugar
- ☐ 5 tablespoons sugar
- ☐ 1 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

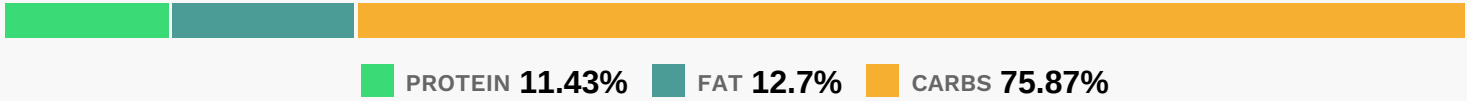
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 275 degrees F.
- ☐ In a large Dutch oven, heat oil over medium heat.
- ☐ Saute the red pepper, onion and garlic until softened, about 2 minutes.
- ☐ Add the baked beans and remaining ingredients and bring to a low simmer. Cover the beans and place in the preheated oven.
- ☐ Bake for 45 minutes.

- ☐ Add all ingredients to a bowl and stir until combined. Keep in an airtight container for up to 6 months.
- ☐ In a large saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to a simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

Nutrition Facts



Properties

Glycemic Index:50.36, Glycemic Load:35.14, Inflammation Score:-10, Nutrition Score:35.157391257908%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 619.03kcal (30.95%), Fat: 9.49g (14.61%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 127.67g (42.56%), Net Carbohydrates: 108.34g (39.4%), Sugar: 71.07g (78.97%), Cholesterol: 27.64mg (9.21%), Sodium: 1440.92mg (62.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.23g (38.45%), Vitamin A: 10751.65IU (215.03%), Fiber: 19.33g (77.3%), Manganese: 1.46mg (72.95%), Iron: 9.42mg (52.32%), Vitamin E: 7.37mg (49.13%), Potassium: 1618.36mg (46.24%), Vitamin B6: 0.92mg (45.95%), Magnesium: 154.37mg (38.59%), Copper: 0.75mg (37.53%), Phosphorus: 368.02mg (36.8%), Vitamin C: 28.3mg (34.3%), Zinc: 5.12mg (34.17%), Vitamin B2: 0.49mg (28.83%), Selenium: 18.59µg (26.56%), Folate: 100.4µg (25.1%), Vitamin B3: 4.99mg (24.95%), Calcium: 226.57mg (22.66%), Vitamin K: 20.98µg (19.98%), Vitamin B1: 0.24mg (16.04%), Vitamin B5: 1.02mg (10.24%), Vitamin B12: 0.54µg (8.98%)