



## Beans Hawaiian

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups navy beans dried
- 1.5 cups teriyaki sauce
- 1 Tbsp soya sauce
- 0.7 cup pineapple juice
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 1 Tsp ginger grated
- 6 slices bacon thick cut

- 1 onion diced finely
- 1 garlic clove minced
- 1 cup pineapple fresh roughly chopped
- 16 oz ham steak cubed

## Equipment

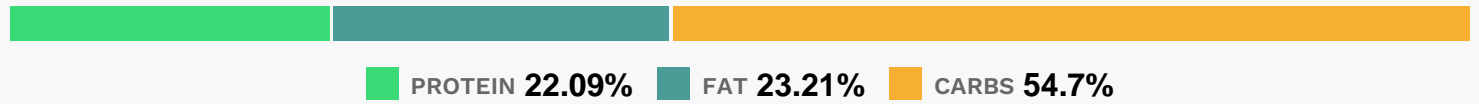
- bowl
- oven
- whisk
- pot
- slotted spoon
- dutch oven

## Directions

- Soak dried navy beans overnight in a large pot. You want the water to be cold and about 2-3 inches above the beans. Cover and refrigerate at least 8 hours.
- Drain and rinse the beans.
- Place in a large pot and cover by 4-5 inches of fresh water. Bring to a boil, reduce heat and simmer for 11 hours until the beans are tender but not bursting.
- In the meantime, combine teriyaki sauce, soy sauce, pineapple juice, brown sugar and ginger in a medium bowl.
- Whisk until brown sugar has dissolved. Set aside.
- Preheat oven to 350
- Reserving 2 cups of the boiled water, drain the beans.
- In a large Dutch oven, saut bacon for 3-4 minutes over medium high heat. With a slotted spoon remove bacon and set aside.
- Add onions to the bacon fat and cook until translucent, about 5 minutes.
- Add garlic and pineapple and saut for an additional minute, until the garlic becomes fragrant.
- Place bacon back into the dutch oven and add the cubed ham steak, beans, reserved water, and prepared sauce. Stir well to combine.

- Bake in the oven covered for 10 minutes. Reduce heat to 200 and continue to cook for 6 hours, stirring halfway through.
- After 6 hours, remove lid, increase heat to 350 and cook for an additional 1–2 hours stirring every twenty minutes until the sauce has thickened.

## Nutrition Facts



### Properties

Glycemic Index:23.96, Glycemic Load:2.9, Inflammation Score:-7, Nutrition Score:26.400869565217%

### Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

### Taste

Sweetness: 100%, Saltiness: 91.89%, Sourness: 28.85%, Bitterness: 25.11%, Savoriness: 56.23%, Fattiness: 53.97%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 537.91kcal (26.9%), Fat: 13.98g (21.52%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 74.15g (24.72%), Net Carbohydrates: 60.81g (22.11%), Sugar: 40.93g (45.48%), Cholesterol: 43.33mg (14.44%), Sodium: 3103.68mg (134.94%), Protein: 29.94g (59.89%), Vitamin B1: 0.98mg (65.57%), Manganese: 1.11mg (55.25%), Fiber: 13.33g (53.34%), Folate: 206.45µg (51.61%), Phosphorus: 492.99mg (49.3%), Vitamin C: 31.29mg (37.92%), Magnesium: 147.74mg (36.93%), Vitamin B6: 0.64mg (31.91%), Potassium: 1087.44mg (31.07%), Vitamin B3: 6.07mg (30.36%), Copper: 0.6mg (30.18%), Selenium: 21.04µg (30.06%), Iron: 4.86mg (26.98%), Zinc: 3.51mg (23.39%), Vitamin B2: 0.28mg (16.28%), Calcium: 125.95mg (12.6%), Vitamin B5: 1.12mg (11.16%), Vitamin B12: 0.58µg (9.72%), Vitamin K: 1.57µg (1.49%)