



Boston Baked Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



131 kcal

SIDE DISH

Ingredients

- 32 oz baked beans canned
- 0.3 tsp pepper black
- 0.5 cup maxwell house coffee brewed
- 0.5 tsp mustard dry
- 0.3 cup honey
- 1 tsp oil
- 1 medium onion chopped

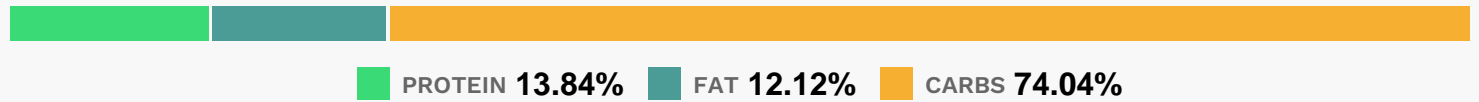
Equipment

- frying pan
- oven
- pot
- casserole dish

Directions

- Preheat oven to 350F.
- Heat oil in large skillet on medium heat.
- Add onion; cook and stir until tender.
- Place onions in 1-1/2-quart casserole dish or bean pot.
- Add remaining ingredients; mix well.
- Bake 45 minutes to 1 hour or until liquid is almost completely absorbed and bean mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:9.48, Inflammation Score:-3, Nutrition Score:5.8004347815624%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 131.06kcal (6.55%), Fat: 1.91g (2.93%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 20.99g (7.63%), Sugar: 7.43g (8.26%), Cholesterol: 6.35mg (2.12%), Sodium: 376.61mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.74mg (1.58%), Protein: 4.9g (9.8%), Fiber: 5.22g (20.87%), Manganese: 0.36mg (18%), Phosphorus: 102.77mg (10.28%), Copper: 0.2mg (10.2%), Zinc: 1.37mg (9.14%), Iron: 1.62mg (8.98%), Folate: 35.33µg (8.83%), Potassium: 308mg (8.8%), Magnesium: 32.92mg (8.23%), Selenium: 4.6µg (6.57%), Calcium: 51.84mg (5.18%), Vitamin B1: 0.06mg (3.71%), Vitamin B6: 0.07mg (3.7%), Vitamin C: 2.68mg (3.25%), Vitamin B2: 0.05mg (2.94%), Vitamin B3: 0.46mg (2.28%), Vitamin B5: 0.14mg (1.42%)