



Boston Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 5 bacon thin
- ☐ 0.3 cup brown sugar packed
- ☐ 2 cups navy beans dried
- ☐ 1 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup catsup
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 tablespoons mustard prepared

- ☐ 2 cups onion chopped
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 cups water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Sort and wash beans, and place in a large ovenproof Dutch oven. Cover with water to 2 inches above beans, and bring to a boil; cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans in a colander, and set aside. Coat pan with cooking spray, and place over medium-high heat until hot.
- ☐ Add onion and bell pepper, and saut for 7 minutes or until tender.
- ☐ Remove from heat, and stir in the beans, 4 cups water, and the remaining ingredients. Cover and bake at 325 for 2 1/2 hours. Uncover and bake for an additional 1 1/2 hours or until the sauce thickens, stirring occasionally.
- ☐ Note: To soak beans before cooking, sort and wash beans, and place in a large ovenproof Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain in a colander.

Nutrition Facts



Properties

Glycemic Index:19.2, Glycemic Load:6.27, Inflammation Score:-7, Nutrition Score:16.848260816025%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 282.29kcal (14.11%), Fat: 5.21g (8.01%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 49.58g (16.53%), Net Carbohydrates: 38.39g (13.96%), Sugar: 23.02g (25.58%), Cholesterol: 7.26mg (2.42%), Sodium: 311.12mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Manganese: 0.94mg (47.13%), Fiber: 11.19g (44.76%), Folate: 160.11µg (40.03%), Magnesium: 123.99mg (31%), Vitamin B1: 0.39mg (26.02%), Potassium: 873.59mg (24.96%), Copper: 0.49mg (24.25%), Phosphorus: 208.96mg (20.9%), Vitamin B6: 0.41mg (20.7%), Iron: 3.41mg (18.93%), Vitamin C: 14.71mg (17.83%), Selenium: 11.11µg (15.87%), Zinc: 1.82mg (12.17%), Calcium: 116.38mg (11.64%), Vitamin B3: 1.78mg (8.89%), Vitamin B2: 0.11mg (6.37%), Vitamin B5: 0.59mg (5.86%), Vitamin A: 212.19IU (4.24%), Vitamin K: 2.82µg (2.68%), Vitamin E: 0.31mg (2.07%)