



Boston baked beans



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



6

CALORIES



769 kcal

SIDE DISH

Ingredients

- ☐ 500 g pack haricot beans dried
- ☐ 2 onions roughly chopped
- ☐ 2 celery stalks roughly chopped
- ☐ 2 carrots roughly chopped
- ☐ 2 tbsp dijon mustard
- ☐ 2 tbsp muscovado sugar light
- ☐ 0.5 tbsp treacle black
- ☐ 2 tbsp tomato purée

- ☐ 800 g pork belly
- ☐ 1 handful parsley roughly chopped

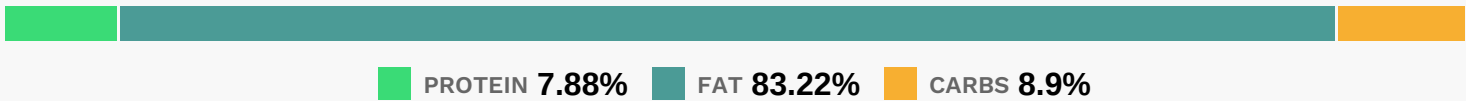
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot

Directions

- ☐ Soak the beans in a large bowl of cold water for at least 4 hrs or overnight.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Drain and rinse the beans and put in a large flameproof casserole with 1.5 litres water. Boil for 10 mins, skimming off any scum that appears on the surface.
- ☐ Add the onion, celery, carrot, Dijon mustard, sugar, treacle or molasses and tomato pure. Stir until everything is well mixed, then bury the piece of pork in among the beans. Cover tightly and cook in the oven for 2-2 hrs until the beans and pork are very tender. Check halfway through the cooking time and top up with hot water from the kettle if necessary.
- ☐ Take the pork out of the pot.
- ☐ Cut into large chunks and serve with the beans, sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:17.13391333041%

Flavonoids

Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 769.21kcal (38.46%), Fat: 71.12g (109.42%), Saturated Fat: 25.81g (161.32%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 14.3g (5.2%), Sugar: 7.82g (8.69%), Cholesterol: 96mg (32%), Sodium: 122.22mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.32%), Vitamin A: 3503.85IU (70.08%), Vitamin B1: 0.57mg (37.99%), Vitamin B3: 6.56mg (32.81%), Vitamin C: 23.33mg (28.27%), Folate: 97.97µg (24.49%), Vitamin B2: 0.35mg (20.78%), Phosphorus: 202.22mg (20.22%), Vitamin B12: 1.12µg (18.67%), Selenium: 12.66µg (18.09%), Potassium: 607.83mg (17.37%), Vitamin K: 14.41µg (13.72%), Vitamin B6: 0.26mg (12.94%), Zinc: 1.87mg (12.44%), Iron: 2.23mg (12.38%), Fiber: 2.8g (11.21%), Magnesium: 40.57mg (10.14%), Copper: 0.17mg (8.67%), Calcium: 76.53mg (7.65%), Manganese: 0.12mg (5.96%), Vitamin E: 0.79mg (5.28%), Vitamin B5: 0.49mg (4.92%)