

Boston Baked Beans



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon
- ☐ 0.3 cup brown sugar
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 3 tablespoons blackstrap molasses
- ☐ 2 cups navy beans
- ☐ 1 onion diced finely

- ☐ 2 teaspoons salt
- ☐ 1 tablespoon worcestershire sauce

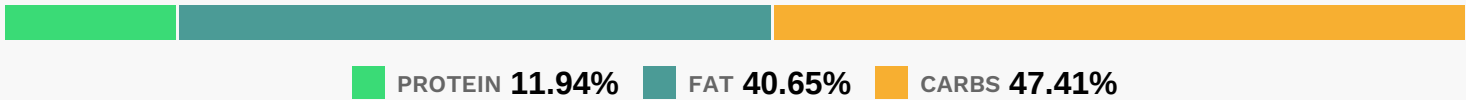
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Soak beans overnight in cold water. Simmer the beans in the same water until tender, approximately 1 to 2 hours.
- ☐ Drain and reserve the liquid.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Arrange the beans in a 2 quart bean pot or casserole dish by placing a portion of the beans in the bottom of dish, and layering them with bacon and onion.
- ☐ In a saucepan, combine molasses, salt, pepper, dry mustard, ketchup, Worcestershire sauce and brown sugar. Bring the mixture to a boil and pour over beans.
- ☐ Pour in just enough of the reserved bean water to cover the beans. Cover the dish with a lid or aluminum foil.
- ☐ Bake for 3 to 4 hours in the preheated oven, until beans are tender.
- ☐ Remove the lid about halfway through cooking, and add more liquid if necessary to prevent the beans from getting too dry.

Nutrition Facts



Properties

Glycemic Index:23.73, Glycemic Load:7.39, Inflammation Score:-5, Nutrition Score:11.070869533912%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 336.74kcal (16.84%), Fat: 15.46g (23.78%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 33.79g (12.29%), Sugar: 21.91g (24.35%), Cholesterol: 24.95mg (8.32%), Sodium: 1250.65mg (54.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.43%), Fiber: 6.77g (27.09%), Manganese: 0.54mg (27.04%), Folate: 90.68µg (22.67%), Vitamin B1: 0.27mg (17.71%), Magnesium: 66.99mg (16.75%), Selenium: 11.67µg (16.67%), Potassium: 576.54mg (16.47%), Phosphorus: 158.3mg (15.83%), Vitamin B6: 0.31mg (15.46%), Iron: 2.4mg (13.36%), Vitamin B3: 2.35mg (11.75%), Copper: 0.23mg (11.42%), Calcium: 83.18mg (8.32%), Zinc: 1.18mg (7.88%), Vitamin B2: 0.11mg (6.65%), Vitamin B5: 0.5mg (4.97%), Vitamin C: 3.1mg (3.75%), Vitamin B12: 0.19µg (3.15%), Vitamin E: 0.47mg (3.14%), Vitamin A: 119.67IU (2.39%), Vitamin K: 1.21µg (1.15%), Vitamin D: 0.15µg (1.01%)