



Chef John's Boston Baked Beans

 **Gluten Free**  **Dairy Free**

READY IN



645 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon cut into 1/2-inch pieces
- ☐ 1 pinch baking soda
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground to taste
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 teaspoon ground mustard dry
- ☐ 1 pound navy beans dry

- ☐ 1.5 teaspoons salt
- ☐ 6 cups water
- ☐ 1 onion diced yellow

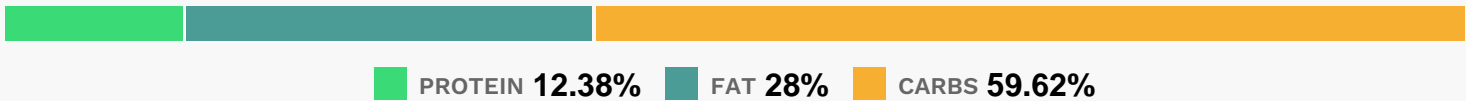
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Soak navy beans overnight in a large bowl with enough water by several inches.
- ☐ Drain and place beans into a large Dutch oven or heavy pot with 6 cups water, baking soda, and bay leaf. Bring to a boil, reduce heat to medium, and boil for 10 minutes.
- ☐ Drain, saving bean-cooking liquid.
- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Transfer beans into clean Dutch oven and stir bacon, onion, molasses, brown sugar, dry mustard, salt, and black pepper into beans.
- ☐ Pour enough of the hot reserved bean liquid in to cover beans; stir.
- ☐ Cover Dutch oven and bake in preheated oven for 1 hour. Check liquid level and add more of the reserved bean liquid to bring liquid up to cover beans. Return to oven and continue baking until beans are tender and almost all the liquid has been absorbed, about 1 hour.
- ☐ Raise oven heat to 350; bake beans uncovered in oven until top develops a flavorful crust, 20 to 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:23.73, Glycemic Load:11.18, Inflammation Score:-6, Nutrition Score:12.17304341495%

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: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 296.2kcal (14.81%), Fat: 9.37g (14.41%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 36.54g (13.29%), Sugar: 23.96g (26.62%), Cholesterol: 14.52mg (4.84%), Sodium: 794.75mg (34.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.63%), Manganese: 0.75mg (37.45%), Fiber: 8.34g (33.35%), Folate: 110.01µg (27.5%), Magnesium: 94.59mg (23.65%), Potassium: 654.83mg (18.71%), Vitamin B1: 0.26mg (17.26%), Iron: 2.92mg (16.23%), Vitamin B6: 0.32mg (15.81%), Copper: 0.31mg (15.67%), Phosphorus: 155.07mg (15.51%), Selenium: 10.85µg (15.5%), Calcium: 112.69mg (11.27%), Vitamin B3: 1.6mg (7.99%), Zinc: 1.17mg (7.83%), Vitamin B5: 0.51mg (5.13%), Vitamin B2: 0.07mg (4.37%), Vitamin C: 2.07mg (2.51%), Vitamin B12: 0.11µg (1.83%)