



Easy Slow Cooker Baked Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



375 min.

SERVINGS



10

CALORIES



92 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 1 tablespoon apple cider vinegar
- 2.5 cups pea beans dried
- 0.3 cup t brown sugar dark packed
- 0.3 cup blackstrap molasses dark (not blackstrap)
- 1 tablespoon dijon mustard
- 0.1 teaspoon ground cloves
- 0.5 cup catsup

- 1 tablespoon kosher salt as needed plus more
- 2.5 cups water plus more for soaking the beans
- 1 medium onion yellow

Equipment

- bowl
- whisk
- slow cooker
- colander

Directions

- Place the beans in a large bowl and pick through them, discarding any broken beans or stones. Cover the beans with at least 3 inches of cold water. Allow to soak uncovered at room temperature for at least 8 hours or overnight.
- Drain in a colander and reserve the bowl (no need to wash); set the bowl aside.
- Place the beans, bacon, and onion in a slow cooker.
- Whisk the remaining measured ingredients in the reserved bowl until combined.
- Pour into the slow cooker and stir until thoroughly combined. Cover and cook on either high or low heat until the beans are tender and the liquid thickens slightly (it will thicken more as it cools), about 6 hours. Taste and season with salt and pepper as needed.

Nutrition Facts



PROTEIN 10.06% **FAT 1.95%** **CARBS 87.99%**

Properties

Glycemic Index:21.7, Glycemic Load:5.03, Inflammation Score:-2, Nutrition Score:3.8326087101646%

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 Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 91.79kcal (4.59%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 20.65g (7.51%), Sugar: 14.68g (16.31%), Cholesterol: 0mg (0%), Sodium: 831.2mg (36.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin C: 9.59mg (11.63%), Iron: 2.03mg (11.26%), Manganese: 0.2mg (9.9%), Calcium: 72.61mg (7.26%), Magnesium: 25.18mg (6.3%), Potassium: 185.17mg (5.29%), Vitamin B2: 0.08mg (4.91%), Vitamin B1: 0.07mg (4.8%), Vitamin B6: 0.09mg (4.61%), Phosphorus: 45.96mg (4.6%), Vitamin B3: 0.81mg (4.06%), Copper: 0.07mg (3.54%), Selenium: 2.22µg (3.18%), Fiber: 0.32g (1.29%), Vitamin A: 63.43IU (1.27%), Vitamin E: 0.19mg (1.24%)