



Fiery Chipotle Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 2 teaspoons chipotle sauce
- ☐ 0.3 cup chili sauce
- ☐ 4 ounces chorizo thinly sliced
- ☐ 0.3 cup apple cider vinegar

- ☐ 0.3 cup blackstrap molasses dark
- ☐ 2 teaspoons ground mustard dry
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cloves
- ☐ 2.5 cups onion chopped
- ☐ 0.3 teaspoon salt

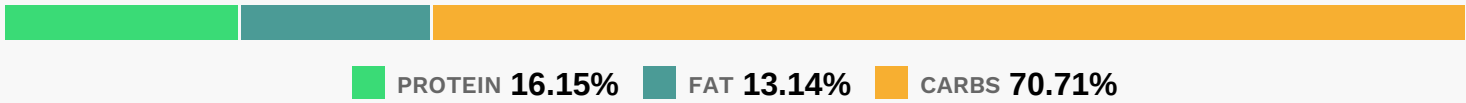
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add chorizo; saut 2 minutes.
- ☐ Add onion; saut 5 minutes, stirring occasionally. Stir in broth and remaining ingredients; bake uncovered at 325 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:8.68, Inflammation Score:-6, Nutrition Score:10.5199998669%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 233.35kcal (11.67%), Fat: 3.46g (5.33%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 33.5g (12.18%), Sugar: 20.13g (22.37%), Cholesterol: 7.09mg (2.36%), Sodium: 668.44mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Fiber: 8.4g (33.6%), Manganese: 0.65mg (32.5%), Magnesium: 76.91mg (19.23%), Potassium: 641.36mg (18.32%), Iron: 3.02mg (16.76%), Phosphorus: 156.79mg (15.68%), Copper: 0.31mg (15.33%), Folate: 56.6µg (14.15%), Vitamin B6: 0.23mg (11.74%), Vitamin B1: 0.16mg (10.86%), Calcium: 90.55mg (9.05%), Vitamin C: 6.25mg (7.58%), Selenium: 4.75µg (6.79%), Vitamin B2: 0.11mg (6.45%), Zinc: 0.88mg (5.88%), Vitamin B3: 1.04mg (5.2%), Vitamin B5: 0.37mg (3.71%), Vitamin K: 3.36µg (3.2%), Vitamin E: 0.46mg (3.06%), Vitamin A: 105.35IU (2.11%)