



Great Northern Beans With Tomatoes



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 pound great northern beans dried
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 teaspoon salt
- ☐ 0.3 pound salt pork
- ☐ 7 cups water

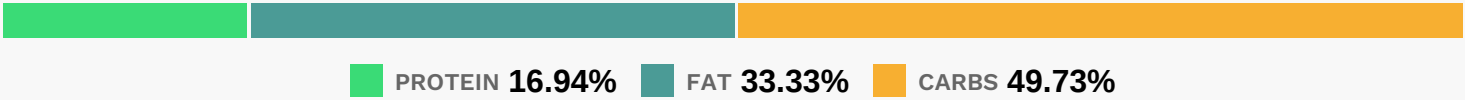
Equipment

- ☐ dutch oven

Directions

- ☐ Rinse and sort beans. Bring beans, 7 cups water, and salt pork to a boil in a Dutch oven over medium heat. Cover, reduce heat to low, and simmer 2 hours or until beans are tender, adding more water as needed to keep beans moist.
- ☐ Remove salt pork, and stir in remaining ingredients. Simmer, covered, 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:1.87, Inflammation Score:-7, Nutrition Score:19.234782400339%

Nutrients (% of daily need)

Calories: 321.93kcal (16.1%), Fat: 12.2g (18.77%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 28.55g (10.38%), Sugar: 5.41g (6.01%), Cholesterol: 12.19mg (4.06%), Sodium: 758.18mg (32.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.91%), Folate: 280.11µg (70.03%), Fiber: 12.43g (49.72%), Manganese: 0.94mg (47.03%), Magnesium: 126.56mg (31.64%), Copper: 0.62mg (31.06%), Vitamin B1: 0.44mg (29.35%), Potassium: 982.88mg (28.08%), Phosphorus: 278.03mg (27.8%), Iron: 3.95mg (21.96%), Vitamin B6: 0.36mg (17.93%), Calcium: 129.06mg (12.91%), Selenium: 8.89µg (12.7%), Zinc: 1.6mg (10.7%), Vitamin B2: 0.17mg (9.99%), Vitamin B3: 1.99mg (9.95%), Vitamin C: 7.73mg (9.37%), Vitamin B5: 0.81mg (8.15%), Vitamin K: 6.13µg (5.83%), Vitamin E: 0.77mg (5.11%), Vitamin A: 110.47IU (2.21%)