



WHATSheATE



Honey-Chipotle Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

Ingredients



56 ounce baked beans canned



2 chipotles in adobo canned seeded chopped



1 tablespoon canola oil



0.3 cup apple cider vinegar



1 tablespoon garlic minced



1 tablespoon ground cumin



0.3 cup honey



2 tablespoons blackstrap molasses

- ☐ 0.3 teaspoon salt
- ☐ 5 ounces shallots minced
- ☐ 0.5 cup tomato purée
- ☐ 1 tablespoon worcestershire sauce

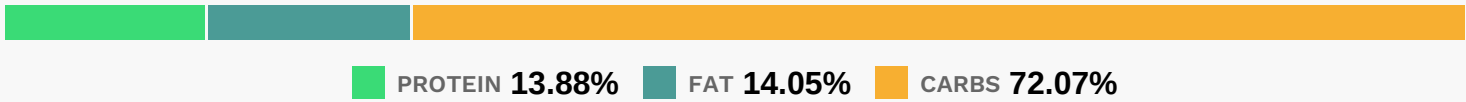
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 30
- ☐ Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐ Add shallots; saut 4 minutes or until golden.
- ☐ Add cumin and garlic; saut for 1 minute.
- ☐ Add tomato puree and oil, and cook for 2 minutes or until thick, stirring constantly.
- ☐ Add honey and the next 5 ingredients (through chiles). Reduce heat; simmer for 10 minutes, stirring occasionally.
- ☐ Combine beans and shallot mixture in a 2–quart baking dish.
- ☐ Bake at 300 for 1 hour or until thick and bubbly.

Nutrition Facts



Properties

Glycemic Index:30.49, Glycemic Load:19.32, Inflammation Score:-6, Nutrition Score:15.084782714429%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 301.52kcal (15.08%), Fat: 5.06g (7.78%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 58.35g (19.45%), Net Carbohydrates: 46.06g (16.75%), Sugar: 15.14g (16.82%), Cholesterol: 13.89mg (4.63%), Sodium: 932.69mg (40.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.48%), Fiber: 12.29g (49.15%), Manganese: 0.94mg (47.06%), Iron: 4.89mg (27.17%), Copper: 0.53mg (26.59%), Potassium: 862.66mg (24.65%), Phosphorus: 240.62mg (24.06%), Magnesium: 90.92mg (22.73%), Zinc: 3.12mg (20.8%), Folate: 79.75µg (19.94%), Selenium: 10.83µg (15.47%), Calcium: 137.2mg (13.72%), Vitamin B6: 0.26mg (13.02%), Vitamin C: 7.82mg (9.48%), Vitamin B1: 0.13mg (8.68%), Vitamin B3: 1.28mg (6.39%), Vitamin B2: 0.1mg (6.03%), Vitamin E: 0.66mg (4.42%), Vitamin B5: 0.38mg (3.75%), Vitamin K: 2.03µg (1.93%), Vitamin A: 95.7IU (1.91%)