



Hot and Smoky Baked Beans

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



596 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 1.3 cups barbecue sauce
- ☐ 90 ounce great northern beans drained canned
- ☐ 4 teaspoons chipotle sauce canned minced
- ☐ 0.8 cup beer dark
- ☐ 3 tablespoons t brown sugar dark packed ()
- ☐ 3 tablespoons dijon mustard
- ☐ 8 servings parsley fresh chopped

- ☐ 0.3 cup blackstrap molasses light ()
- ☐ 1.5 cups onion chopped
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons worcestershire sauce

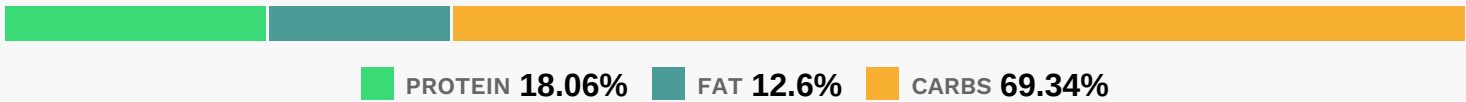
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Cook bacon in large skillet over medium heat until crisp.
- ☐ Transfer to paper towels and drain.
- ☐ Transfer 2 1/2 tablespoons bacon drippings from skillet to large bowl. Finely chop bacon; add to bowl.
- ☐ Add onion and next 7 ingredients to bowl and whisk to blend.
- ☐ Whisk in 4 to 6 teaspoons chipotle chilies, depending on spiciness desired. Stir in beans.
- ☐ Transfer bean mixture to 13 x 9 x 2-inch glass baking dish.
- ☐ Bake uncovered until liquid bubbles and thickens slightly, about 1 hour. Cool 10 minutes.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:4.47, Inflammation Score:-9, Nutrition Score:30.500000069971%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 596.01kcal (29.8%), Fat: 8.44g (12.99%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 104.57g (34.86%), Net Carbohydrates: 86.93g (31.61%), Sugar: 29.94g (33.26%), Cholesterol: 10.89mg (3.63%), Sodium: 836.68mg (36.38%), Alcohol: 0.86g (100%), Alcohol %: 0.23% (100%), Protein: 27.23g (54.46%), Manganese: 1.6mg (80.25%), Fiber: 17.64g (70.54%), Folate: 273.52µg (68.38%), Vitamin K: 66.65µg (63.48%), Magnesium: 206.82mg (51.7%), Phosphorus: 495.56mg (49.56%), Potassium: 1534.68mg (43.85%), Vitamin B1: 0.55mg (36.63%), Iron: 6.57mg (36.52%), Copper: 0.64mg (31.86%), Selenium: 21.14µg (30.2%), Vitamin B6: 0.55mg (27.3%), Calcium: 231.78mg (23.18%), Zinc: 2.53mg (16.84%), Vitamin B2: 0.26mg (15.3%), Vitamin C: 12.53mg (15.19%), Vitamin B3: 2.85mg (14.27%), Vitamin B5: 1.23mg (12.29%), Vitamin A: 451.12IU (9.02%), Vitamin E: 0.49mg (3.25%), Vitamin B12: 0.09µg (1.45%)