



Infineon Raceway Baked Beans

 Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



531 kcal

SIDE DISH

Ingredients

- 8 servings apple cider vinegar
- 1 cup applewood bacon smoked diced thick-cut
- 15 ounce .5 can cannellini beans with liquid canned
- 15 ounce kidney beans with liquid canned
- 15 ounce lima beans *soaked overnight with liquid canned
- 8 servings top for serving
- 2 tablespoons brown sugar dark
- 3 tablespoons garlic minced

- 0.5 cup jalapeños diced seeded finely (2 medium)
- 0.3 cup catsup
- 1 teaspoon kosher salt
- 8 servings kosher salt and cracked pepper fresh black
- 0.3 cup blackstrap molasses
- 2 teaspoons cracked pepper fresh black
- 1.5 cups onion diced red
- 2 pounds skirt steak cut into 1/2-inch dice
- 3 tablespoons soya sauce

Equipment

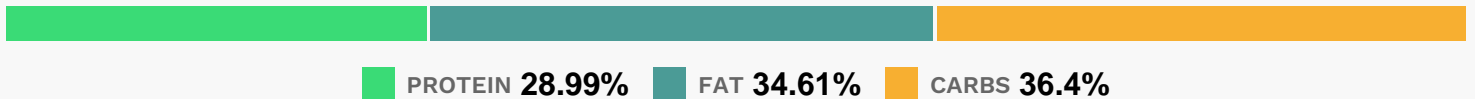
- bowl
- pot
- dutch oven

Directions

- Watch how to make this recipe.
- Sprinkle the steak with salt and pepper. Set aside.
- In a large Dutch oven (preferably enameled cast iron) over medium-high heat, render the bacon until just starting to crisp, 6 to 7 minutes, stirring as needed.
- Remove 1 tablespoon of the bacon fat and set aside.
- Add the onions and jalapenos and cook until the onions are translucent, about 5 minutes more.
- Add in the garlic cook 1 to 2 minutes.
- Remove all from the pot to a small bowl. Set aside.
- Wipe down the inside of the pot, add the reserved 1 tablespoon bacon fat and, when starting to smoke, add in 1/3 to 1/2 of the steak and cook, stirring as needed until just starting to brown, about 8 minutes.
- Remove to the vegetable bowl, repeat with the remaining steak.

- Once the steak is cooked, deglaze with 1 tablespoon apple cider vinegar. Then return all the vegetables and cooked steak back to the pot and add in the beans, including the liquid in the can.
- Add the molasses, brown sugar, soy and ketchup, and stir to combine. Bring to a simmer over low heat, cover and cook for 2 hours, stirring every 20 to 30 minutes to assure that the bottom doesn't stick.
- Add in more apple cider vinegar, a few tablespoons at a time to personal taste, and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:52.44, Glycemic Load:13.36, Inflammation Score:-7, Nutrition Score:27.953043979147%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 531.02kcal (26.55%), Fat: 20.71g (31.87%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 40.13g (14.59%), Sugar: 18.37g (20.41%), Cholesterol: 90.96mg (30.32%), Sodium: 1554.27mg (67.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.04g (78.08%), Zinc: 9.12mg (60.81%), Manganese: 1.15mg (57.31%), Selenium: 38.29µg (54.7%), Vitamin B6: 0.93mg (46.33%), Vitamin B3: 8.81mg (44.06%), Vitamin B12: 2.56µg (42.72%), Phosphorus: 393.79mg (39.38%), Iron: 6.43mg (35.75%), Fiber: 8.88g (35.53%), Potassium: 1215.98mg (34.74%), Magnesium: 136.36mg (34.09%), Vitamin B2: 0.51mg (29.87%), Copper: 0.52mg (26.15%), Folate: 89.12µg (22.28%), Vitamin B1: 0.33mg (21.79%), Vitamin B5: 1.36mg (13.57%), Vitamin C: 10.66mg (12.92%), Calcium: 123.9mg (12.39%), Vitamin K: 7.76µg (7.39%), Vitamin E: 1.03mg (6.89%), Vitamin A: 135.56IU (2.71%), Vitamin D: 0.23µg (1.54%)