



Italian-Style Baked Beans

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



574 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 60 ounce .5 can cannellini beans drained canned
- 1 cup beer dark
- 0.3 cup brown sugar dark
- 6 teaspoons dijon mustard
- 4 garlic cloves minced
- 3 tablespoons mild-flavored molasses

- 2 onions chopped
- 6 ounces pancetta thinly sliced chopped
- 0.8 teaspoon salt
- 1 cup tomato sauce

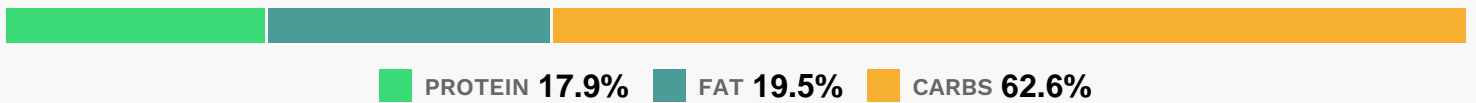
Equipment

- oven
- pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Cook the pancetta in a heavy large oven-safe pot over medium heat until crisp, about 8 minutes.
- Add the onions and garlic, and saute until the onions are translucent, about 5 minutes.
- Mix in the beer, tomato sauce, brown sugar, vinegar, molasses, mustard, salt, and pepper. Stir in the beans. Bring to a simmer.
- Transfer to the oven and bake, uncovered, until the bean mixture bubbles and thickens slightly, stirring occasionally, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:20.85, Inflammation Score:-8, Nutrition Score:27.191739414049%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

7.49mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 574.02kcal (28.7%), Fat: 12.43g (19.12%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 89.76g (29.92%), Net Carbohydrates: 74.61g (27.13%), Sugar: 24.84g (27.6%), Cholesterol: 18.71mg (6.24%), Sodium: 754.06mg (32.79%), Alcohol: 1.53g (100%), Alcohol %: 0.41% (100%), Protein: 25.66g (51.31%), Manganese: 1.81mg (90.41%), Fiber: 15.14g (60.57%), Iron: 9.84mg (54.65%), Folate: 197.83µg (49.46%), Potassium: 1720.58mg (49.16%), Magnesium: 189.9mg (47.48%), Copper: 0.8mg (40.11%), Phosphorus: 340.3mg (34.03%), Calcium: 265.29mg (26.53%), Vitamin B1: 0.4mg (26.45%), Zinc: 3.76mg (25.1%), Vitamin B6: 0.49mg (24.54%), Selenium: 14.82µg (21.17%), Vitamin E: 2.98mg (19.85%), Vitamin B3: 2.26mg (11.3%), Vitamin B2: 0.18mg (10.6%), Vitamin B5: 1mg (9.95%), Vitamin K: 9.89µg (9.42%), Vitamin C: 6.22mg (7.53%), Vitamin A: 192.67IU (3.85%), Vitamin B12: 0.15µg (2.49%)