



Lineman Beans

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



8

CALORIES



374 kcal

SIDE DISH

Ingredients

- 2 strips applewood bacon crumbled cooked
- 0.5 cup bbq sauce
- 3 tablespoons brown sugar
- 0.3 teaspoon cayenne
- 4 cups chili beans sauce mixed organic canned (recommended:)
- 1 tablespoon chili powder
- 1 small bell pepper diced green
- 0.5 cup catsup

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- 1 tablespoon blackstrap molasses
- 0.5 small onion diced
- 0.5 teaspoon paprika
- 2 tablespoons paprika
- 8 servings salt and pepper black freshly ground
- 3 cups savoy cabbage
- 1 tablespoon sugar
- 8 servings vegetable oil
- 0.5 cup water
- 3 tablespoons balsamic vinegar white
- 1 small bell pepper diced yellow

Equipment

- bowl
- frying pan
- sauce pan
- mixing bowl

Directions

- Coat a large saucepan with oil and add the onions and peppers.
- Saute over medium heat for 2 minutes.
- Rinse and drain the beans.
- Add the beans and the remaining ingredients to the pan and simmer over low heat for 30 to 40 minutes.
- Spicy Slaw: Finely shred the cabbage. In mixing bowl add vinegar and sugar, stir to dissolve, add ketchup, cayenne and paprika.
- Add the cabbage and let sit for 30 minutes.
- Transfer the beans to a serving bowl and serve with the slaw.

Nutrition Facts

PROTEIN 8.9% FAT 42.33% CARBS 48.77%

Properties

Glycemic Index:40.89, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:17.732608633197%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 374.34kcal (18.72%), Fat: 18.05g (27.77%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 46.8g (15.6%), Net Carbohydrates: 39.1g (14.22%), Sugar: 26.07g (28.97%), Cholesterol: 3.63mg (1.21%), Sodium: 1320.72mg (57.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Vitamin K: 48.62µg (46.3%), Vitamin C: 35.89mg (43.51%), Vitamin A: 1705.7IU (34.11%), Fiber: 7.7g (30.79%), Vitamin B6: 0.57mg (28.46%), Potassium: 885.66mg (25.3%), Phosphorus: 238.38mg (23.84%), Copper: 0.43mg (21.28%), Magnesium: 84.34mg (21.09%), Iron: 3.52mg (19.54%), Zinc: 2.9mg (19.35%), Vitamin E: 2.85mg (19%), Vitamin B2: 0.28mg (16.46%), Folate: 61.25µg (15.31%), Manganese: 0.22mg (11.24%), Calcium: 79.12mg (7.91%), Vitamin B3: 1.57mg (7.87%), Vitamin B1: 0.11mg (7.33%), Selenium: 4.23µg (6.04%), Vitamin B5: 0.23mg (2.3%)