



Lone Star Molasses Baked Beans

 Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



827 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds bacon chopped
- ☐ 1 bottle beer such as lone star
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground cumin

- ☐ 1 teaspoon ground mustard
- ☐ 2 teaspoons ground pepper black
- ☐ 2 jalapeños whole
- ☐ 8 servings kosher salt
- ☐ 0.3 cup blackstrap molasses
- ☐ 4 cups pinto beans rinsed cooked
- ☐ 2 bell peppers diced red
- ☐ 2 onions diced red
- ☐ 0.5 cup tomato purée
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup balsamic vinegar white

Equipment

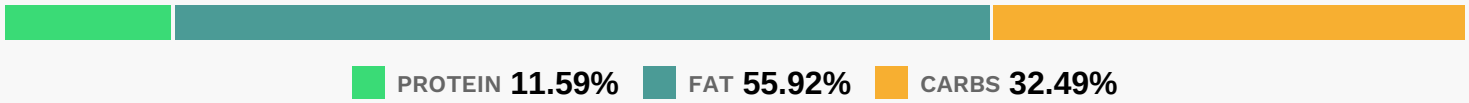
- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat a large Dutch over an open fire.
- ☐ Heat the oil and butter in the oven.
- ☐ Add the bacon, garlic, onions and bell peppers and cook until they start to soften.
- ☐ Add the pinto beans, Barbecue Sauce, brown sugar, molasses and jalapenos. Continue cooking until the bacon has browned.
- ☐ Add the beer and sprinkle with salt. Continue to cook, stirring occasionally so the bottom doesn't stick, about 45 minutes.
- ☐ A viewer or guest of the show, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.
- ☐ Combine the vinegar, tomato puree, brown sugar, cumin, garlic powder, black pepper and ground mustard in a medium bowl.

- ☐
- Sprinkle with salt and whisk until well blended.
- ☐
- Cover and set aside before serving, about 1 hour. Store refrigerated, in an airtight container, for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:11.39, Inflammation Score:-9, Nutrition Score:25.098260900249%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 826.95kcal (41.35%), Fat: 50.78g (78.13%), Saturated Fat: 16.67g (104.21%), Carbohydrates: 66.37g (22.12%), Net Carbohydrates: 56.88g (20.69%), Sugar: 36.34g (40.38%), Cholesterol: 78.61mg (26.2%), Sodium: 983.83mg (42.78%), Alcohol: 1.66g (100%), Alcohol %: 0.54% (100%), Protein: 23.68g (47.37%), Vitamin C: 46.99mg (56.95%), Selenium: 31.64µg (45.2%), Folate: 172.44µg (43.11%), Manganese: 0.83mg (41.3%), Vitamin B6: 0.78mg (38.86%), Fiber: 9.49g (37.96%), Vitamin B1: 0.53mg (35.28%), Phosphorus: 338.27mg (33.83%), Potassium: 1039mg (29.69%), Vitamin B3: 5.83mg (29.16%), Magnesium: 105.1mg (26.28%), Vitamin A: 1148.18IU (22.96%), Iron: 4.08mg (22.67%), Copper: 0.39mg (19.48%), Vitamin E: 2.57mg (17.16%), Zinc: 2.51mg (16.71%), Vitamin K: 13.01µg (12.39%), Vitamin B2: 0.21mg (12.33%), Vitamin B5: 1.17mg (11.7%), Calcium: 115.81mg (11.58%), Vitamin B12: 0.58µg (9.64%), Vitamin D: 0.45µg (3.02%)