



Mama Neely's Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



548 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple-cider vinegar
- ☐ 2 tablespoons canola oil
- ☐ 3 cloves garlic finely chopped
- ☐ 1 Dash hot sauce
- ☐ 0.5 cup catsup
- ☐ 0.3 cup light-brown sugar
- ☐ 0.5 cup blackstrap molasses light
- ☐ 2 tablespoons mustard prepared

- ☐ 1 large onion finely chopped
- ☐ 48 ounce pork and beans canned
- ☐ 0.5 pound sausage smoked sliced

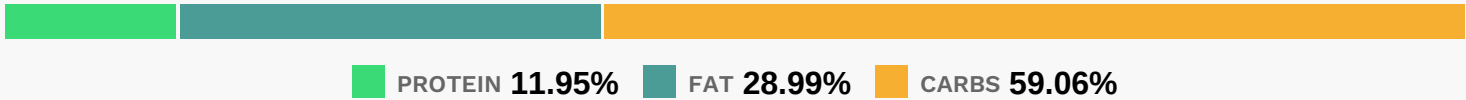
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Heat the oil in a Dutch oven set over medium- high heat. Once it's hot, toss in the onion and garlic, and saute until the onion is tender, about 3 or 4 minutes.
- ☐ Add the sausage, and continue to cook until the meat has browned, about 4 minutes more. Stir in the pork and beans, ketchup, molasses, sugar, vinegar, mustard, and hot sauce. Bring the beans up to a simmer, then put in the hot oven for 45 minutes, uncovered, until the mixture is bubbly and thick.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:23.94, Inflammation Score:-7, Nutrition Score:22.207826075347%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 548.25kcal (27.41%), Fat: 18.47g (28.42%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 84.68g (28.23%), Net Carbohydrates: 71.47g (25.99%), Sugar: 35.3g (39.22%), Cholesterol: 42.71mg (14.24%), Sodium: 1510.78mg (65.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.27%), Manganese: 1.38mg (68.93%), Fiber: 13.21g (52.82%), Magnesium: 158.56mg (39.64%), Potassium: 1304.34mg (37.27%), Copper: 0.69mg (34.34%), Selenium: 22.9µg (32.72%), Iron: 5.86mg (32.57%), Phosphorus: 315mg (31.5%), Zinc: 4.32mg

(28.81%), Vitamin B6: 0.49mg (24.25%), Folate: 90.2µg (22.55%), Calcium: 202.99mg (20.3%), Vitamin B1: 0.26mg (17.08%), Vitamin B3: 2.86mg (14.29%), Vitamin B2: 0.2mg (11.52%), Vitamin B12: 0.57µg (9.51%), Vitamin C: 7.71mg (9.34%), Vitamin E: 1.13mg (7.55%), Vitamin B5: 0.7mg (6.95%), Vitamin K: 4.13µg (3.93%), Vitamin D: 0.42µg (2.77%), Vitamin A: 106.8IU (2.14%)