



Maple Baked Beans

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

READY IN



735 min.

SERVINGS



12

CALORIES



217 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 0.3 cup cider vinegar
- 2 pounds navy pea variety
- 0.3 cup brown sugar dark
- 1.5 teaspoons mustard dry
- 0.5 cup catsup
- 0.5 cup brown sugar light
- 0.3 cup maple syrup pure (recommended: Parker's Maple Barn Maple Syrup)

- 0.5 cup blackstrap molasses
- 1 onion spanish sliced
- 1.5 teaspoons salt
- 1 inch salt pork
- 2.5 cups very water hot

Equipment

- bowl
- sauce pan
- oven
- pot
- plastic wrap
- aluminum foil

Directions

- Preheat oven to 250 degrees F.
- Fill a stockpot with the beans and enough cold water to cover them. Bring the water to a boil and parboil the beans for approximately 20 minutes.
- Drain the water and reserve for later use.
- Place 4 salt pork cubes and half of the onion on the bottom of the bean pot. Fill the pot 3/4 full with beans.
- Add the Bean Goop. Fill the rest of the pot with the reserved water.
- Place the remaining cubes of salt pork and onion on top of the beans. Cover first with a layer of plastic wrap, then a layer of aluminum foil.
- Bake in the oven for 10 hours. Check beans at that time, blowing on them to see if the skin peels back. If so, they are finished. Time will vary depending on your oven and how long the beans were parboiled in the beginning. Cooking time could increase to as long as 12 hours total.
- In a large bowl or medium-size saucepan, mix the hot water with the sugars and molasses to dissolve the sugars. Then mix in all remaining ingredients. Set aside for use in the

Baked Beans.

Nutrition Facts

PROTEIN 11.05% **FAT 2.83%** **CARBS 86.12%**

Properties

Glycemic Index:18.38, Glycemic Load:10.92, Inflammation Score:-6, Nutrition Score:10.772608622666%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 217.07kcal (10.85%), Fat: 0.7g (1.08%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 42.87g (15.59%), Sugar: 32.9g (36.55%), Cholesterol: 0.18mg (0.06%), Sodium: 402.9mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Manganese: 0.81mg (40.5%), Folate: 160.47µg (40.12%), Fiber: 5.19g (20.77%), Magnesium: 81.03mg (20.26%), Iron: 2.78mg (15.45%), Copper: 0.3mg (15.15%), Potassium: 499.04mg (14.26%), Phosphorus: 131.07mg (13.11%), Vitamin B1: 0.17mg (11.4%), Vitamin B6: 0.2mg (10.2%), Vitamin B2: 0.15mg (8.67%), Zinc: 1.13mg (7.52%), Selenium: 5.22µg (7.46%), Calcium: 73.05mg (7.31%), Vitamin B5: 0.46mg (4.64%), Vitamin B3: 0.7mg (3.49%), Vitamin E: 0.37mg (2.5%), Vitamin K: 2.04µg (1.95%), Vitamin C: 1.41mg (1.71%), Vitamin A: 64.27IU (1.29%)