

Maple Baked Beans

 **Gluten Free**  **Popular**

READY IN



240 min.

SERVINGS



4

CALORIES



1239 kcal

SIDE DISH

Ingredients

- 6 strips bacon
- 2 tablespoons brown sugar
- 2 tablespoons butter
- 2 cup navy beans dried
- 0.5 cup maple syrup
- 1 teaspoon mustard dried
- 1 onion chopped
- 4 servings pork hock smoked fresh

1 teaspoon salt

Equipment

bowl

oven

pot

Directions

Preheat oven to 325°. Simmer navy beans in water until tender, about 20 minutes.

Drain beans and reserve cooking liquid. Line bean pot with strips of bacon. In a large bowl toss together onion and beans. In another bowl combine 2 cups bean cooking liquid, mustard, salt and maple syrup.

Place half the bean mixture on bacon strips in pot.

Place pork hock on beans, top with rest of bean onion mixture, then pour over reserved cooking liquid/syrup mixture. Cover with lid and place in oven for 3 hours, or until pork hock is fully cooked and pulling away from the bone. If beans begin to look dry, add more cooking liquid.

Once pork hock is cooked, remove beans from oven and remove lid. Mash together butter and brown sugar into a paste, scatter sugar paste over beans and place back in the oven, uncovered, for an additional 30 minutes.

Remove from oven and serve with cold beer and dark bread.

Nutrition Facts



PROTEIN 24.4% **FAT 43.42%** **CARBS 32.18%**

Properties

Glycemic Index:36.38, Glycemic Load:10.47, Inflammation Score:-8, Nutrition Score:35.013043574665%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 1239.12kcal (61.96%), Fat: 59.5g (91.55%), Saturated Fat: 22.63g (141.42%), Carbohydrates: 99.25g (33.08%), Net Carbohydrates: 73.35g (26.67%), Sugar: 35.16g (39.07%), Cholesterol: 222.13mg (74.04%), Sodium: 1295.19mg (56.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.24g (150.48%), Manganese: 2.45mg (122.51%), Fiber: 25.9g (103.59%), Folate: 384.14µg (96.04%), Vitamin B1: 0.94mg (62.6%), Potassium: 2064.01mg (58.97%), Magnesium: 198.46mg (49.61%), Iron: 8.77mg (48.72%), Phosphorus: 482.05mg (48.2%), Copper: 0.9mg (44.81%), Vitamin B2: 0.72mg (42.3%), Zinc: 4.53mg (30.21%), Vitamin B6: 0.57mg (28.47%), Selenium: 18.78µg (26.83%), Calcium: 246.54mg (24.65%), Vitamin B3: 3.68mg (18.42%), Vitamin B5: 1.01mg (10.1%), Vitamin A: 188.58IU (3.77%), Vitamin K: 3.22µg (3.07%), Vitamin B12: 0.18µg (2.95%), Vitamin C: 2.04mg (2.47%), Vitamin E: 0.34mg (2.23%)