



 **54%**  
HEALTH SCORE

## Molasses Baked Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



377 kcal

SIDE DISH

### Ingredients

- 58 ounce tomatoes diced drained canned
- 46.5 ounce cannellini beans rinsed drained canned
- 14.5 ounce chicken broth fat-free low-sodium canned
- 4 garlic cloves minced
- 1 large bell pepper green chopped
- 1 cup blackstrap molasses
- 1 tablespoon olive oil
- 1 large onion chopped

1 teaspoon pepper freshly ground

## Equipment

oven

dutch oven

## Directions

Saut first 3 ingredients in hot oil in a Dutch oven until tender. Stir in tomatoes and remaining ingredients.

Bake, uncovered, at 375, stirring occasionally, 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:17.88, Glycemic Load:14.46, Inflammation Score:-8, Nutrition Score:26.157826029736%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

## Nutrients (% of daily need)

Calories: 376.94kcal (18.85%), Fat: 2.86g (4.4%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 77.76g (25.92%), Net Carbohydrates: 66.86g (24.31%), Sugar: 37.74g (41.93%), Cholesterol: 0mg (0%), Sodium: 527.95mg (22.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.06%), Manganese: 1.59mg (79.34%), Magnesium: 213.83mg (53.46%), Vitamin C: 39.59mg (47.99%), Potassium: 1667.83mg (47.65%), Fiber: 10.89g (43.57%), Folate: 156.13µg (39.03%), Vitamin B6: 0.78mg (39%), Iron: 6.81mg (37.83%), Copper: 0.65mg (32.45%), Phosphorus: 294.09mg (29.41%), Calcium: 249.66mg (24.97%), Vitamin B1: 0.37mg (24.84%), Selenium: 15.91µg (22.73%), Vitamin B3: 3.04mg (15.18%), Vitamin B2: 0.24mg (13.91%), Vitamin B5: 1.16mg (11.57%), Vitamin E: 1.73mg (11.55%), Zinc: 1.57mg (10.47%), Vitamin K: 9.04µg (8.61%), Vitamin A: 318.2IU (6.36%), Vitamin B12: 0.1µg (1.71%)