



Molasses Bbq Beans

 Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



430 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons chili powder dark
- ☐ 2 chipotle chilies canned chopped
- ☐ 2 cups brown sugar dark
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.3 cup garlic minced
- ☐ 10 servings honey
- ☐ 0.3 cup catsup
- ☐ 0.5 cup blackstrap molasses

- ☐ 1 pound plum tomatoes canned
- ☐ 2 cups onions red chopped
- ☐ 0.5 cup red wine vinegar
- ☐ 10 servings salt and pepper
- ☐ 1.3 tablespoons soya sauce
- ☐ 2 pounds beans white
- ☐ 2 cups onions white chopped
- ☐ 0.3 cup worcestershire sauce

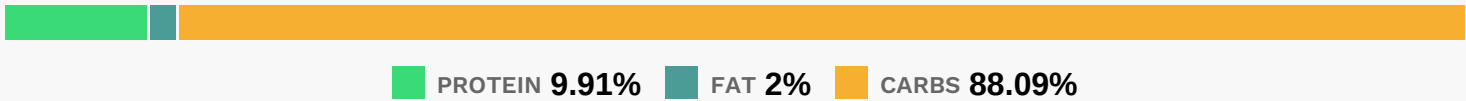
Equipment

- ☐ sauce pan

Directions

- ☐ Cook white beans according to directions on package until slightly tender. In a saucepan combine the remaining ingredients and simmer for 45 minutes. It is important to cook the beans and make the sauce at the same time so that the hot beans will absorb the hot sauce. Season to taste with honey, salt and pepper. The beans should cook an additional 30 minutes in the sauce so that they are tender and have fully absorbed the flavor.

Nutrition Facts



Properties

Glycemic Index:26.53, Glycemic Load:10.67, Inflammation Score:-9, Nutrition Score:17.744347883307%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg

Nutrients (% of daily need)

Calories: 430kcal (21.5%), Fat: 0.99g (1.53%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 98.56g (32.85%), Net Carbohydrates: 89.76g (32.64%), Sugar: 68.05g (75.61%), Cholesterol: 0mg (0%), Sodium: 559.22mg (24.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Manganese: 1.13mg (56.65%), Fiber: 8.8g (35.2%), Potassium: 1163.18mg (33.23%), Iron: 5.75mg (31.96%), Magnesium: 121.98mg (30.5%), Folate: 95.45µg (23.86%), Copper: 0.48mg (23.82%), Vitamin A: 1128.84IU (22.58%), Vitamin B6: 0.44mg (21.9%), Calcium: 197.42mg (19.74%), Phosphorus: 163.62mg (16.36%), Vitamin C: 13.27mg (16.09%), Vitamin E: 2.13mg (14.2%), Vitamin B1: 0.18mg (12.27%), Zinc: 1.71mg (11.4%), Selenium: 6.91µg (9.88%), Vitamin K: 9.89µg (9.42%), Vitamin B2: 0.12mg (7.1%), Vitamin B3: 1.22mg (6.11%), Vitamin B5: 0.58mg (5.85%)