



Mom's Baked Beans



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



10

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 8 cups water
- ☐ 1 lb baby lima beans dried rinsed
- ☐ 6 oz salt pork cut into 4 pieces
- ☐ 0.5 cup onion chopped
- ☐ 3.5 cups water
- ☐ 0.5 cup all natural tomato soup (from)
- ☐ 3 tablespoons brown sugar packed
- ☐ 3 tablespoons blackstrap molasses

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon mustard yellow

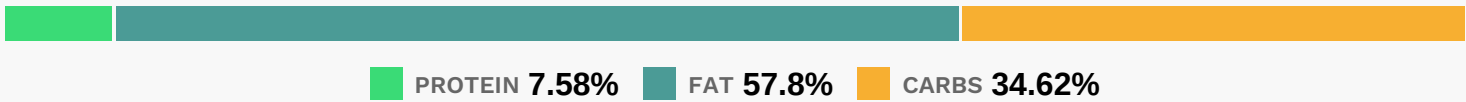
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven, heat 8 cups water and beans to boiling over medium-high heat. Boil uncovered 2 minutes.
- ☐ Remove from heat; let stand 1 hour; drain.
- ☐ Heat oven to 350°F. In same 5-quart Dutch oven, cook and stir salt pork over medium-high heat 5 to 6 minutes, until lightly browned. Stir in remaining ingredients. Bring to boiling over medium-high heat. Cover; place in oven and bake 1 hour.
- ☐ Stir beans; remove cover.
- ☐ Bake 1 hour to 1 hour 15 minutes, stirring occasionally, until beans are tender and of desired consistency. If desired, transfer beans to a casserole for serving.

Nutrition Facts



Properties

Glycemic Index:13.95, Glycemic Load:2.52, Inflammation Score:-4, Nutrition Score:7.1099999747846%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 217.81kcal (10.89%), Fat: 14.14g (21.75%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 16.6g (6.04%), Sugar: 9.6g (10.66%), Cholesterol: 14.63mg (4.88%), Sodium: 740.52mg (32.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Manganese: 0.67mg (33.41%), Vitamin C: 12.16mg (14.74%), Magnesium: 47.03mg (11.76%), Copper: 0.23mg (11.72%), Potassium: 369.13mg (10.55%), Iron: 1.87mg

(10.41%), Fiber: 2.45g (9.8%), Vitamin B1: 0.14mg (9.65%), Vitamin B6: 0.16mg (8.2%), Phosphorus: 77.42mg (7.74%), Vitamin B3: 1.08mg (5.39%), Selenium: 3.26µg (4.66%), Calcium: 43mg (4.3%), Folate: 17.17µg (4.29%), Zinc: 0.58mg (3.88%), Vitamin B2: 0.06mg (3.57%), Vitamin K: 2.81µg (2.68%), Vitamin A: 124.15IU (2.48%), Vitamin B5: 0.21mg (2.1%), Vitamin E: 0.17mg (1.15%)