



New England Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 0.8 cup brown sugar packed
- ☐ 3 cups cannellini beans dried
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 tablespoon mustard prepared
- ☐ 1.3 cups onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 4 slices at least of turkey bacon
- ☐ 8 cups water

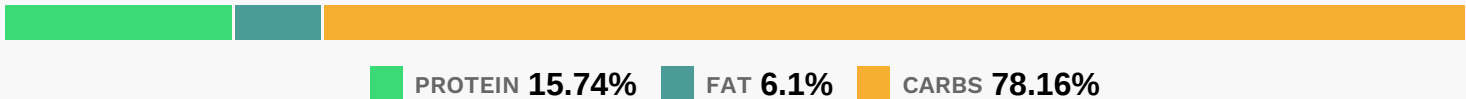
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large ovenproof Dutch oven. Cover with water to 2 inches above beans, and bring to a boil. Cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans; return to Dutch oven.
- ☐ Add 8 cups water and onion; bring to a boil. Cover, reduce heat, and simmer 2 hours or until beans are tender.
- ☐ Preheat oven to 35
- ☐ Drain bean mixture; return to Dutch oven.
- ☐ Add barbecue sauce and remaining ingredients; stir well. Cover and bake at 350 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:2, Inflammation Score:-6, Nutrition Score:11.744782846259%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 220.62kcal (11.03%), Fat: 1.53g (2.36%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 36.75g (13.36%), Sugar: 21.19g (23.55%), Cholesterol: 3.43mg (1.14%), Sodium: 363.15mg (15.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.76%), Folate: 168.62µg (42.15%), Manganese: 0.62mg (31.12%), Fiber: 7.35g (29.42%), Magnesium: 84.82mg (21.2%), Potassium: 642.17mg (18.35%), Copper: 0.36mg (18.04%), Phosphorus: 179.88mg (17.99%), Vitamin B1: 0.24mg (16.01%), Iron: 2.43mg (13.52%), Vitamin B6: 0.23mg (11.68%), Selenium: 7.01µg (10.02%), Calcium: 92.83mg (9.28%), Zinc: 0.99mg (6.59%), Vitamin B2: 0.1mg (6.11%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.48mg (4.81%), Vitamin C: 2.85mg (3.46%), Vitamin K: 2.74µg (2.61%), Vitamin E: 0.26mg (1.74%)