



## New England Beans and Brown Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple cider
- 2 tablespoons balsamic vinegar
- 0.5 inch new brown bread with raisins england-style
- 32 ounce navy beans drained canned
- 0.5 teaspoon savory dried
- 0.5 teaspoon mustard dry
- 2 garlic cloves minced
- 0.5 teaspoon ground cumin

- 0.5 cup catsup
- 3 tablespoons maple syrup
- 0.5 teaspoon olive oil
- 2 cups onion chopped

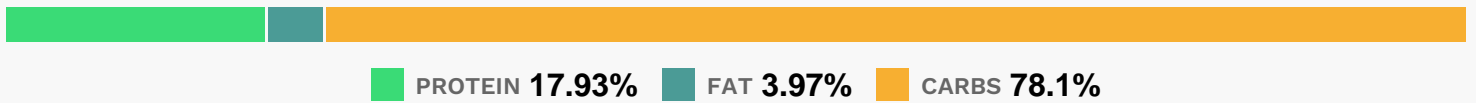
## Equipment

- dutch oven

## Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add the onion and garlic, and saut for 3 minutes or until soft. Stir in ketchup and next 7 ingredients (ketchup through cider). Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes.
- Serve beans with brown bread.

## Nutrition Facts



## Properties

Glycemic Index:61.98, Glycemic Load:8.91, Inflammation Score:-8, Nutrition Score:21.132608900899%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg

## Nutrients (% of daily need)

Calories: 403.03kcal (20.15%), Fat: 1.83g (2.82%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 81.04g (27.01%), Net Carbohydrates: 67.8g (24.66%), Sugar: 26.33g (29.26%), Cholesterol: 0mg (0%), Sodium: 1299.12mg (56.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.61g (37.22%), Manganese: 1.43mg (71.33%), Fiber: 13.24g (52.97%), Folate: 159.26µg (39.81%), Phosphorus: 346.6mg (34.66%), Magnesium: 127.95mg (31.99%), Potassium:

969.49mg (27.7%), Copper: 0.55mg (27.32%), Iron: 4.85mg (26.93%), Vitamin B1: 0.39mg (26.01%), Vitamin B2: 0.4mg (23.56%), Selenium: 14.66µg (20.94%), Vitamin B6: 0.41mg (20.44%), Calcium: 159.1mg (15.91%), Vitamin E: 2.32mg (15.49%), Zinc: 2.11mg (14.03%), Vitamin C: 9.78mg (11.86%), Vitamin B3: 1.73mg (8.67%), Vitamin K: 8.17µg (7.78%), Vitamin B5: 0.55mg (5.45%), Vitamin A: 160.13IU (3.2%)