



## Old Fashioned Baked Beans

 **Gluten Free**  **Dairy Free**

READY IN



**395 min.**

SERVINGS



**10**

CALORIES



**240 kcal**

SIDE DISH

### Ingredients

- 8 slices crisply bacon crumbled cooked
- 0.5 cup brown sugar packed
- 2 cups navy beans dried
- 0.3 cup blackstrap molasses
- 0.5 cup onion chopped
- 1 teaspoon salt
- 3 cups water

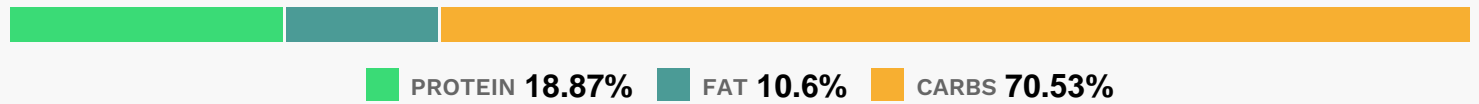
### Equipment

- pot
- slow cooker

## Directions

- Bring 10 cups water and navy beans to a boil in a large pot; cook at a boil for 2 minutes. Stir bacon, onion, brown sugar, molasses, and salt into the water.
- Carefully pour the mixture into a slow cooker.
- Cook on High, stirring occasionally, for 4 hours.
- Stir 3 cups water into the mixture. Continue cooking until beans are tender, about 2 hours 15 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:7.1, Glycemic Load:2.93, Inflammation Score:-6, Nutrition Score:13.523478346188%

## 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: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

## Nutrients (% of daily need)

Calories: 239.58kcal (11.98%), Fat: 2.89g (4.44%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 32.93g (11.97%), Sugar: 18.92g (21.02%), Cholesterol: 6.34mg (2.11%), Sodium: 352.21mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.56g (23.12%), Fiber: 10.29g (41.15%), Folate: 153.05µg (38.26%), Manganese: 0.74mg (36.91%), Magnesium: 97.68mg (24.42%), Vitamin B1: 0.37mg (24.36%), Copper: 0.41mg (20.73%), Phosphorus: 199.52mg (19.95%), Potassium: 674.26mg (19.26%), Iron: 2.84mg (15.77%), Vitamin B6: 0.28mg (14.14%), Selenium: 9.49µg (13.56%), Zinc: 1.76mg (11.76%), Calcium: 92.37mg (9.24%), Vitamin B3: 1.68mg (8.41%), Vitamin B2: 0.09mg (5.02%), Vitamin B5: 0.47mg (4.73%), Vitamin B12: 0.07µg (1.16%), Vitamin K: 1.07µg (1.02%)