



Old-Fashioned Baked Beans



Gluten Free



Dairy Free

READY IN



395 min.

SERVINGS



10

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 10 cups water
- ☐ 1 pound navy beans dried
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 teaspoon salt
- ☐ 6 slices bacon crumbled cooked
- ☐ 0.5 cup onion chopped
- ☐ 3 cups water

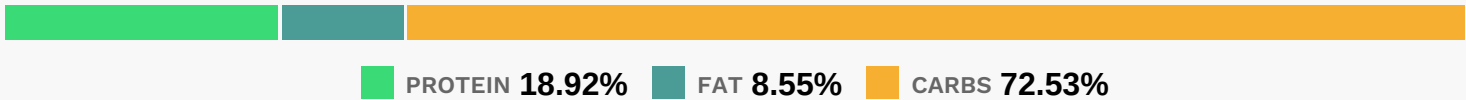
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Heat 10 cups water and the beans to boiling in ovenproof Dutch oven. Boil uncovered 2 minutes. Stir in remaining ingredients except 3 cups water.
- ☐ Cover and bake 4 hours, stirring occasionally.
- ☐ Stir in 3 cups water.
- ☐ Bake uncovered 2 hours to 2 hours 15 minutes longer, stirring occasionally, until beans are tender and desired consistency.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:2.93, Inflammation Score:-6, Nutrition Score:14.432174127711%

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: 244.76kcal (12.24%), Fat: 2.38g (3.66%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 34.27g (12.46%), Sugar: 19.06g (21.18%), Cholesterol: 4.75mg (1.58%), Sodium: 337.35mg (14.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.71%), Fiber: 11.2g (44.81%), Folate: 166.74µg (41.68%), Manganese: 0.79mg (39.56%), Magnesium: 106.13mg (26.53%), Vitamin B1: 0.39mg (25.7%), Copper: 0.48mg (24.1%), Phosphorus: 208.61mg (20.86%), Potassium: 710.82mg (20.31%), Iron: 3.03mg (16.84%), Vitamin B6: 0.29mg (14.52%), Selenium: 9.1µg (12.99%), Zinc: 1.88mg (12.5%), Calcium: 104.82mg (10.48%), Vitamin B3: 1.6mg (7.98%), Vitamin B2: 0.09mg (5.17%), Vitamin B5: 0.48mg (4.83%), Vitamin K: 1.17µg (1.11%)