



Quick Classic Baked Beans



Gluten Free



Dairy Free

READY IN



31 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 45 ounce navy beans organic drained canned
- ☐ 0.3 cup brown sugar dark packed
- ☐ 4 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon mustard prepared
- ☐ 1 cup onion finely chopped

- ☐ 0.5 teaspoon paprika smoked
- ☐ 6 slices center-cut bacon chopped
- ☐ 3 thyme sprigs
- ☐ 8 ounce tomato sauce unsalted canned

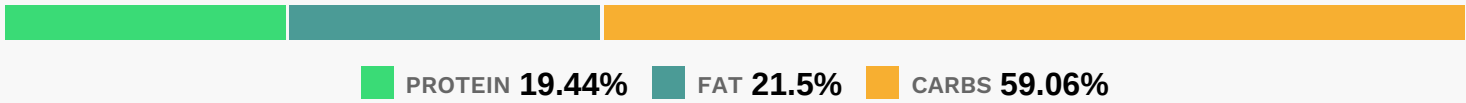
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Preheat broiler to high.
- ☐ Cook bacon in a 10-inch cast-iron skillet over medium-high heat until crisp.
- ☐ Remove bacon with a slotted spoon, reserving drippings.
- ☐ Add onion and thyme sprigs to drippings in pan; saut 3 minutes.
- ☐ Add garlic; saut 1 minute. Stir in broth and remaining ingredients; reduce heat to medium and cook, uncovered, 10 minutes or until slightly thick, stirring occasionally. Discard thyme.
- ☐ Remove from heat; stir in bacon. Broil 4 minutes or until bubbly and edges are crusty.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:14.336521659208%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 303.79kcal (15.19%), Fat: 7.44g (11.44%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 36.85g (13.4%), Sugar: 11.25g (12.5%), Cholesterol: 10.89mg (3.63%), Sodium: 1155.23mg (50.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Fiber: 9.11g (36.46%), Manganese: 0.7mg (35.21%), Folate: 105.75µg (26.44%), Phosphorus: 256.47mg (25.65%), Magnesium: 86.16mg (21.54%), Selenium: 13.81µg (19.72%), Iron: 3.55mg (19.71%), Copper: 0.39mg (19.62%), Vitamin B1: 0.29mg (19.58%), Potassium: 662.14mg (18.92%), Vitamin B6: 0.29mg (14.42%), Vitamin E: 1.78mg (11.87%), Zinc: 1.56mg (10.43%), Calcium: 97.79mg (9.78%), Vitamin B3: 1.8mg (8.99%), Vitamin B2: 0.13mg (7.73%), Vitamin C: 5.68mg (6.89%), Vitamin K: 5.68µg (5.41%), Vitamin B5: 0.51mg (5.09%), Vitamin A: 223.11IU (4.46%), Vitamin B12: 0.08µg (1.38%)