



Root Beer Baked Beans

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

READY IN



65 min.

SERVINGS



8

CALORIES



380 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple cider vinegar
- 4 slices bacon cut into 1-inch pieces
- 60 ounce .5 can cannellini beans drained and rinsed canned
- 0.3 teaspoon garam masala
- 2 cloves garlic minced
- 1 tablespoon ginger minced peeled
- 1 tablespoon grainy mustard
- 8 servings kosher salt and pepper freshly ground

- 2 teaspoons blackstrap molasses
- 1 pinch hefty of pepper flakes red
- 6 cups bottles root beer
- 2 tablespoons tomato paste
- 1 large onion diced white finely

Equipment

- paper towels
- oven
- pot
- slotted spoon

Directions

- Preheat the oven to 400 degrees F. Set a medium oven-safe pot over medium heat and add the bacon. Cook, stirring, until most of the fat is rendered and the bacon is crisp, about 8 minutes; remove to paper towels with a slotted spoon to drain.
- Add the onion, garlic and ginger to the drippings in the pot and cook, stirring occasionally, until soft and golden, about 5 minutes.
- Add the tomato paste and cook until the color deepens, about 1 more minute.
- Add the root beer, vinegar, molasses, mustard, red pepper flakes and garam masala to the pot. Stir, then bring to a boil.
- Add the beans and three-quarters of the bacon and gently stir so the beans don't lose their shape. Reduce the heat to medium low and simmer until slightly thickened, about 15 minutes; season with salt and pepper.
- Transfer to the oven and bake, uncovered, until thick, about 30 minutes.
- Let cool slightly, then top with the remaining bacon.
- Photograph by Paul Sirisalee

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:12.14, Inflammation Score:-7, Nutrition Score:17.54217377305%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 380.32kcal (19.02%), Fat: 5.11g (7.85%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 68.35g (22.78%), Net Carbohydrates: 57.53g (20.92%), Sugar: 22.03g (24.47%), Cholesterol: 7.26mg (2.42%), Sodium: 354.46mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.72%), Manganese: 1.21mg (60.5%), Fiber: 10.82g (43.27%), Iron: 6.79mg (37.71%), Folate: 142.5µg (35.62%), Potassium: 1093.44mg (31.24%), Magnesium: 120.9mg (30.22%), Copper: 0.55mg (27.34%), Phosphorus: 222.28mg (22.23%), Zinc: 2.72mg (18.15%), Calcium: 176.92mg (17.69%), Vitamin B1: 0.25mg (16.77%), Vitamin E: 1.92mg (12.78%), Vitamin B6: 0.24mg (12.19%), Selenium: 7.16µg (10.23%), Vitamin K: 6.75µg (6.43%), Vitamin B2: 0.1mg (5.96%), Vitamin B5: 0.51mg (5.09%), Vitamin B3: 0.87mg (4.34%), Vitamin C: 2.55mg (3.09%), Vitamin A: 70.55IU (1.41%)