



WHATSheATE



Root Beer Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 4 slices bacon
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 60 ounce cannellini white rinsed drained canned (kidney beans)
- ☐ 1.5 teaspoons chili powder
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons dijon mustard
- ☐ 2 garlic clove minced

- ☐ 3 tablespoons blackstrap molasses light ()
- ☐ 3.5 cups onion chopped
- ☐ 1.5 cups root beer (preferably artisanal)
- ☐ 2 tablespoons tomato paste

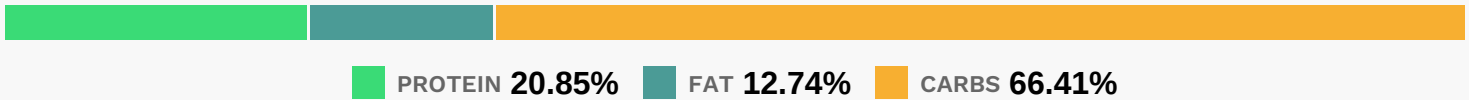
Equipment

- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400°F. Cook bacon in largeovenproof pot over medium heat until crisp,stirring occasionally. Using slotted spoon,transfer bacon to paper towels.
- ☐ Add onionsto drippings in pot; cook until beginningto brown, stirring often, about 8 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add beans, rootbeer, vinegar, molasses, tomato paste,mustard, chili powder, 1 teaspoon salt, and1 teaspoon pepper; mix. Stir in bacon; bringto boil.
- ☐ Transfer to oven; bake uncovereduntil liquid thickens, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:9.19, Inflammation Score:-8, Nutrition Score:21.980869882781%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.22mg, Quercetin: 14.22mg, Quercetin: 14.22mg, Quercetin: 14.22mg

Nutrients (% of daily need)

Calories: 393.34kcal (19.67%), Fat: 5.72g (8.8%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 67.05g (22.35%), Net Carbohydrates: 51.72g (18.81%), Sugar: 14.54g (16.16%), Cholesterol: 7.26mg (2.42%), Sodium: 456.42mg (19.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.05g (42.1%), Folate: 290.62µg (72.66%), Fiber: 15.33g (61.33%), Manganese: 1.22mg (60.98%), Phosphorus: 342.37mg (34.24%), Potassium: 1159.03mg (33.12%), Iron: 5.58mg (31.02%), Magnesium: 121.16mg (30.29%), Copper: 0.56mg (27.91%), Vitamin B1: 0.42mg (27.87%), Vitamin B6: 0.45mg (22.39%), Vitamin K: 19.47µg (18.54%), Zinc: 2.51mg (16.72%), Calcium: 116.73mg (11.67%), Selenium: 7.97µg (11.38%), Vitamin C: 8.86mg (10.74%), Vitamin B3: 2.02mg (10.09%), Vitamin B2: 0.16mg (9.69%), Vitamin B5: 0.7mg (7.03%), Vitamin A: 181.76IU (3.64%), Vitamin E: 0.46mg (3.04%)