



WHATSheATE

Slow-Cooked Baked Beans



Gluten Free



Dairy Free

READY IN



970 min.

SERVINGS



12

CALORIES



296 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.5 pound ham fully cooked
- ☐ 3 cups navy beans dried
- ☐ 1 tablespoon mustard dry
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 cups catsup
- ☐ 0.3 cup blackstrap molasses
- ☐ 1.5 tablespoons onion powder

- ☐ 1 tablespoon salt
- ☐ 1.5 cups water
- ☐ 1 tablespoon worcestershire sauce

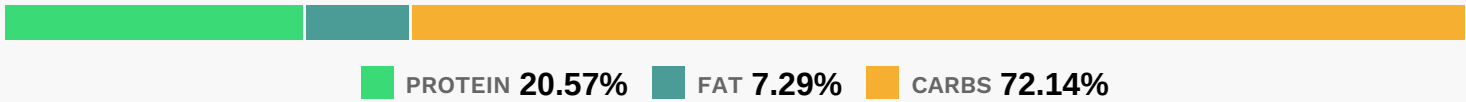
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Place beans in a large pot and cover with plenty of water. Cover pot with a lid and soak beans for 8 hours or overnight.
- ☐ Drain and fill pot with fresh water.
- ☐ Cook beans over medium heat until tender, about 1 hour.
- ☐ Drain beans, reserving the water for later use.
- ☐ Place beans, ketchup, ham, 1 1/2 cup water, brown sugar, molasses, onion powder, mustard, salt, Worcestershire sauce, black pepper, and 1 cup reserved bean water in a slow cooker.
- ☐ Add more bean water as needed if beans get too dry.
- ☐ Cook on Low for 7 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:18.540000148441%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 296.04kcal (14.8%), Fat: 2.48g (3.81%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 55.2g (18.4%), Net Carbohydrates: 42.21g (15.35%), Sugar: 22.78g (25.31%), Cholesterol: 13.8mg (4.6%), Sodium: 1100.14mg (47.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.49%), Fiber: 12.99g (51.97%), Folate: 194.26µg (48.57%), Manganese: 0.92mg (46.08%), Vitamin B1: 0.52mg (34.61%), Magnesium: 120.4mg (30.1%), Phosphorus:

285.73mg (28.57%), Copper: 0.54mg (26.84%), Potassium: 893.23mg (25.52%), Iron: 3.69mg (20.49%), Vitamin B6: 0.38mg (18.89%), Selenium: 12.38µg (17.69%), Zinc: 2.47mg (16.48%), Vitamin B3: 2.35mg (11.77%), Calcium: 111.93mg (11.19%), Vitamin B2: 0.18mg (10.84%), Vitamin C: 6.06mg (7.35%), Vitamin B5: 0.65mg (6.46%), Vitamin B12: 0.27µg (4.44%), Vitamin E: 0.48mg (3.21%), Vitamin A: 155.43IU (3.11%), Vitamin K: 2.35µg (2.24%)