



Slow Cooked Baked Beans



Gluten Free



Dairy Free

READY IN



690 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons brown sugar
- ☐ 1 teaspoon mustard dry
- ☐ 0.3 cup catsup
- ☐ 2 cups kidney beans
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 onion chopped
- ☐ 4 ounces cured pork
- ☐ 1.5 teaspoons salt

☐ 5 cups water

Equipment

☐ pot

☐ slow cooker

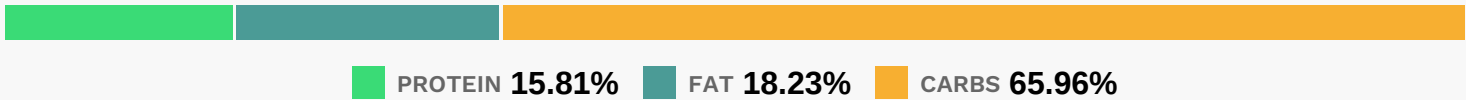
Directions

☐ In a slow cooker place beans, water, onion, salt and pork. Cover the pot and cook on low for 9 to 10 hours.

☐ Drain beans, saving the liquid.

☐ Add molasses, brown sugar, dry mustard, ketchup and 1 cup of the bean liquid. Cover and cook on low for 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.79, Glycemic Load:5.88, Inflammation Score:-4, Nutrition Score:7.5360869065575%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 161.16kcal (8.06%), Fat: 3.35g (5.15%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 23.69g (8.61%), Sugar: 16.03g (17.81%), Cholesterol: 10.21mg (3.4%), Sodium: 526.43mg (22.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Manganese: 0.41mg (20.49%), Folate: 61.99µg (15.5%), Fiber: 3.56g (14.24%), Magnesium: 53.4mg (13.35%), Vitamin B1: 0.19mg (12.54%), Potassium: 423.83mg (12.11%), Iron: 2.05mg (11.37%), Vitamin B6: 0.21mg (10.49%), Copper: 0.2mg (10.25%), Phosphorus: 99.15mg (9.92%), Selenium: 6.61µg (9.44%), Zinc: 0.88mg (5.9%), Vitamin B3: 1.11mg (5.55%), Calcium: 50.6mg (5.06%), Vitamin B2: 0.08mg (4.47%), Vitamin K: 4.01µg (3.82%), Vitamin B5: 0.31mg (3.07%), Vitamin C: 1.97mg (2.39%), Vitamin B12: 0.1µg (1.65%)