



WHATSheATE



Slow Cooked Boston Baked Beans



Gluten Free



Dairy Free



Popular

READY IN



480 min.

SERVINGS



5

CALORIES



569 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cannellini beans dry white (can also use kidney beans)
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 cup brown sugar
- ☐ 3 Tbsp dijon mustard
- ☐ 0.1 teaspoon ground cloves
- ☐ 3 cups water hot
- ☐ 0.5 pound salt pork cut into 1/2-inch to 1-inch pieces (can sub bacon)
- ☐ 1.5 cups onion chopped

Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Soak beans in water:
- ☐ Place beans in a large pot and cover with 2 inches of water. Soak overnight and drain. Alternatively, bring a pot with the beans covered with 2 inches of water to a boil, remove from heat and let soak for a hour, then drain.
- ☐ Mix molasses, brown sugar, mustard, ground cloves with water:
- ☐ Whisk together the molasses, brown sugar, mustard, and ground cloves with 3 cups of hot water.
- ☐ Add ingredients to slow-cooker, layering them, starting with the salt pork: Line the bottom of a slow-cooker (or a Dutch oven if you are cooking in the oven) with half of the salt pork (pick the fattiest pieces).
- ☐ Layer over with half of the drained beans.
- ☐ Add all of the chopped onion in a layer.
- ☐ Top with another layer of beans and the remaining salt pork.
- ☐ Pour the molasses water mixture over the beans to just cover the beans.
- ☐ Slow cook until beans are tender: Cover and cook in a slow-cooker on the low setting for 8 hours (or in a 250°F oven), until the beans are tender. Check the water level a few hours in, and if the beans need more water, add some.
- ☐ Add additional salt to taste if needed.
- ☐ Note that fresher beans will cook faster than older beans. Your beans may be ready in less than 8 hours, or they may take longer. Best the next day.
- ☐ Serve with Boston brown bread.

Nutrition Facts



 PROTEIN **6.34%**  FAT **58.17%**  CARBS **35.49%**

Properties

Glycemic Index:20.6, Glycemic Load:8.4, Inflammation Score:-6, Nutrition Score:12.598695753709%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg

Nutrients (% of daily need)

Calories: 568.54kcal (28.43%), Fat: 37.21g (57.25%), Saturated Fat: 13.47g (84.22%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 44.92g (16.33%), Sugar: 33.17g (36.86%), Cholesterol: 39.01mg (13%), Sodium: 1339.43mg (58.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.24%), Manganese: 0.85mg (42.58%), Magnesium: 104.93mg (26.23%), Fiber: 6.18g (24.7%), Potassium: 738.38mg (21.1%), Folate: 82.58µg (20.64%), Selenium: 13.01µg (18.59%), Copper: 0.36mg (18.11%), Iron: 3.12mg (17.34%), Vitamin B1: 0.26mg (17.18%), Phosphorus: 171.65mg (17.17%), Vitamin B6: 0.34mg (16.98%), Calcium: 130.38mg (13.04%), Zinc: 1.26mg (8.37%), Vitamin B3: 1.55mg (7.74%), Vitamin B5: 0.57mg (5.68%), Vitamin C: 4.51mg (5.46%), Vitamin B2: 0.09mg (5.23%), Vitamin B12: 0.13µg (2.19%)