



## Slow Cooker Baked Beans



Gluten Free



Dairy Free



Popular

READY IN



840 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar packed
- 1 teaspoon mustard dry
- 1 pound cannellini beans dry
- 0.1 teaspoon ground pepper black
- 0.5 cup blackstrap molasses
- 1 cup onion chopped
- 4 ounces salt pork diced
- 8 cups water

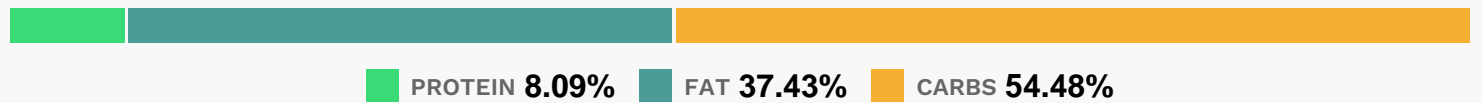
## Equipment

- bowl
- sauce pan
- slow cooker

## Directions

- The night before, combine the Great Northern Beans and water in a large saucepan. Bring to a boil, and cook for 1 1/2 hours.
- Pour beans and their liquid into a bowl, cover and refrigerate overnight.
- In the morning, drain off liquid, reserving 1 cup.
- Pour beans and the reserved liquid into the crock of a slow cooker. Stir in the salt pork, onion, molasses, brown sugar, mustard and pepper. Cover, and cook on Low for 12 to 14 hours. Stir before serving.

## Nutrition Facts



## Properties

Glycemic Index:12.88, Glycemic Load:7.34, Inflammation Score:-5, Nutrition Score:8.9982607320923%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 278.2kcal (13.91%), Fat: 11.8g (18.15%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 34.29g (12.47%), Sugar: 25.49g (28.32%), Cholesterol: 12.19mg (4.06%), Sodium: 404.61mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Manganese: 0.66mg (32.92%), Magnesium: 86.48mg (21.62%), Fiber: 4.35g (17.39%), Potassium: 582.21mg (16.63%), Folate: 62.28µg (15.57%), Copper: 0.3mg (15.08%), Iron: 2.4mg (13.32%), Vitamin B6: 0.25mg (12.38%), Phosphorus: 115.74mg (11.57%), Selenium: 7.63µg (10.9%), Calcium: 102.69mg (10.27%), Vitamin B1: 0.14mg (9.33%), Zinc: 0.76mg (5.09%), Vitamin B3: 0.86mg (4.29%), Vitamin B5: 0.39mg (3.88%), Vitamin B2: 0.05mg (2.86%), Vitamin C: 2.23mg (2.71%)