



## Slow Cooker Homemade Beans



Gluten Free



Dairy Free

READY IN



620 min.

SERVINGS



12

CALORIES



267 kcal

SIDE DISH

## Ingredients

- ☐ 6 slices bacon thick cut cut into 1 inch pieces
- ☐ 1 cup brown sugar
- ☐ 1 tablespoon mustard dry
- ☐ 1.5 cups catsup
- ☐ 0.3 cup blackstrap molasses
- ☐ 3 cups navy beans dry boiled
- ☐ 1 large onion chopped
- ☐ 1 tablespoon salt

☐ 1.5 cups water

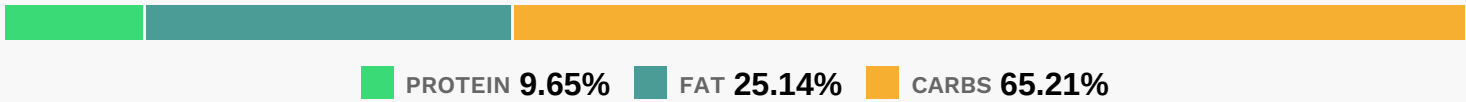
## Equipment

☐ slow cooker

## Directions

- ☐ Drain soaking liquid from beans, and place them in a Slow Cooker.
- ☐ Stir ketchup, water, molasses, onion, mustard, salt, bacon, and brown sugar into the beans until well mixed.
- ☐ Cover, and cook on LOW for 8 to 10 hours, stirring occasionally if possible, though not necessary.

## Nutrition Facts



## Properties

Glycemic Index:9.2, Glycemic Load:5.35, Inflammation Score:-4, Nutrition Score:8.3821738893571%

## Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 267.05kcal (13.35%), Fat: 7.69g (11.83%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 39.71g (14.44%), Sugar: 30.16g (33.51%), Cholesterol: 11.88mg (3.96%), Sodium: 982.42mg (42.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Manganese: 0.42mg (21.13%), Fiber: 5.15g (20.6%), Folate: 69.9µg (17.48%), Magnesium: 52.53mg (13.13%), Potassium: 446.5mg (12.76%), Vitamin B1: 0.17mg (11.61%), Vitamin B6: 0.23mg (11.5%), Selenium: 7.9µg (11.28%), Phosphorus: 110.6mg (11.06%), Iron: 1.8mg (9.99%), Copper: 0.19mg (9.26%), Vitamin B3: 1.58mg (7.88%), Calcium: 72.08mg (7.21%), Vitamin B2: 0.1mg (5.85%), Zinc: 0.82mg (5.46%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.34mg (3.36%), Vitamin A: 160.99IU (3.22%), Vitamin C: 2.61mg (3.16%), Vitamin B12: 0.09µg (1.5%), Vitamin K: 1.25µg (1.19%)