



Smoky Apple Baked Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



82 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

Ingredients

- 1 large apples chopped
- 1 teaspoon pepper black freshly ground
- 15 ounce black beans rinsed drained canned
- 15 ounce garbanzo beans rinsed drained canned
- 15 ounce great northern beans rinsed drained canned
- 8 ounce tomato sauce canned
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard

- 8 garlic clove minced
- 0.3 teaspoon chipotle chili powder
- 1 teaspoon liquid smoke smoked to taste
- 3 medjool dates pitted roughly chopped (see note)
- 2 large onion finely chopped
- 1 large bell pepper green red finely chopped
- 1 teaspoon paprika smoked
- 2 teaspoons soya sauce gluten-free

Equipment

- frying pan
- oven
- blender
- baking pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add the onion and saute until it begins to soften, about 3 minutes.
- Add bell pepper and minced garlic to the pan and sauté for another 3 minutes, stirring occasionally.
- Add the apple and cook for another minute.
- Add the beans and remove from heat.
- Combine tomato sauce and all remaining ingredients in blender. Blend at high speed until the dates are completely smooth.
- Pour this sauce into the onion and beans, and stir well. Spoon mixture into an 11 x 7-inch non-metal, lightly-oiled baking dish. Cover and bake at 350° for 30 minutes. Uncover and bake an additional 30 minutes.

Nutrition Facts



■ PROTEIN 18.83% ■ FAT 6.49% ■ CARBS 74.68%

Properties

Glycemic Index:53.06, Glycemic Load:6.17, Inflammation Score:-8, Nutrition Score:20.908695863641%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg

Nutrients (% of daily need)

Calories: 305.99kcal (15.3%), Fat: 2.33g (3.58%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 60.29g (20.1%), Net Carbohydrates: 44.8g (16.29%), Sugar: 16.13g (17.92%), Cholesterol: 0mg (0%), Sodium: 798.04mg (34.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Manganese: 1.36mg (68.18%), Fiber: 15.5g (61.99%), Vitamin C: 34.2mg (41.45%), Vitamin B6: 0.72mg (35.9%), Folate: 137.81µg (34.45%), Phosphorus: 284.78mg (28.48%), Potassium: 965.01mg (27.57%), Magnesium: 106.24mg (26.56%), Copper: 0.52mg (25.84%), Iron: 4.32mg (24.01%), Vitamin B1: 0.3mg (19.92%), Calcium: 128.51mg (12.85%), Vitamin B2: 0.22mg (12.67%), Zinc: 1.7mg (11.32%), Selenium: 7.21µg (10.3%), Vitamin A: 510.07IU (10.2%), Vitamin B5: 0.92mg (9.17%), Vitamin B3: 1.82mg (9.09%), Vitamin E: 0.87mg (5.78%), Vitamin K: 5.43µg (5.17%)