



Smoky Baked Beans

 Gluten Free  Dairy Free

READY IN



365 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 2 tablespoons brown sugar
- 14 ounce canned tomatoes diced canned
- 1 carrots chopped
- 1 celery stalk chopped
- 2 teaspoons vegetarian chicken soup base
- 2 cloves garlic chopped
- 3 tablespoons catsup

- 1 onion chopped
- 0.5 teaspoon pepper flakes red
- 2 teaspoons paprika smoked
- 2 cups beans white for 2 hours

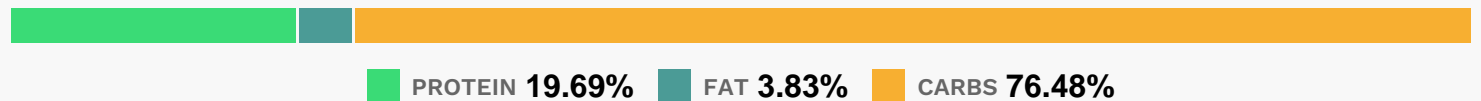
Equipment

- slow cooker

Directions

- Special equipment: slow cooker
- Grease the slow cooker with nonstick spray.
- Place the beans, ketchup, brown sugar, smoke paprika, soup base, red pepper flakes, garlic, bay leaf, carrots, celery, onions and tomatoes into the slow cooker along with 1/2 cup water. Stir and cook on high for 3 to 4 hours.
- Add 3 tablespoons water halfway through cooking, if needed.

Nutrition Facts



Properties

Glycemic Index:31.47, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:12.153913063767%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 144.15kcal (7.21%), Fat: 0.65g (1.01%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 23.42g (8.52%), Sugar: 10.07g (11.18%), Cholesterol: 0.09mg (0.03%), Sodium: 330.85mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.13%), Vitamin A: 2261.41IU (45.23%), Manganese: 0.58mg (29.1%), Fiber: 5.96g (23.85%), Iron: 3.39mg (18.85%), Potassium: 640.58mg (18.3%), Copper: 0.32mg

(16.1%), Folate: 63.95µg (15.99%), Magnesium: 57.36mg (14.34%), Vitamin E: 1.83mg (12.21%), Vitamin B6: 0.24mg (11.79%), Vitamin C: 8.7mg (10.55%), Phosphorus: 104.98mg (10.5%), Vitamin B1: 0.14mg (9.43%), Calcium: 93.75mg (9.37%), Vitamin K: 8.16µg (7.77%), Zinc: 1.12mg (7.47%), Vitamin B3: 1.24mg (6.18%), Vitamin B2: 0.1mg (5.84%), Vitamin B5: 0.41mg (4.09%), Selenium: 1.78µg (2.55%)