



## Smoky Baked Beans

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



812 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 0.3 cup blackstrap molasses dark
- 2 teaspoons dijon mustard
- 1 pound navy beans dried rinsed
- 6 servings kosher salt to taste
- 1 tablespoon liquid smoke
- 0.8 pound salt pork rinsed cut into 1/2-inch cubes (1 12- ounce package)

- 6 servings water to cover
- 1 cup onion sweet yellow chopped

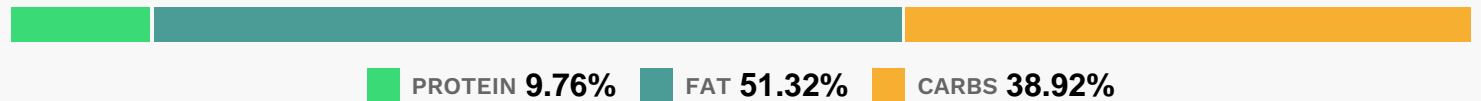
## Equipment

- slow cooker

## Directions

- In a slow cooker, combine all ingredients except salt. Cover and cook on low 12 to 14 hours, stirring occasionally.
- Add salt to taste when beans are tender.

## Nutrition Facts



## Properties

Glycemic Index:12.67, Glycemic Load:6.16, Inflammation Score:-8, Nutrition Score:25.404347826087%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

## Taste

Sweetness: 90.5%, Saltiness: 100%, Sourness: 26.48%, Bitterness: 63.02%, Savoriness: 50.21%, Fattiness: 44.95%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 812.39kcal (40.62%), Fat: 46.87g (72.11%), Saturated Fat: 16.79g (104.96%), Carbohydrates: 80g (26.67%), Net Carbohydrates: 61.24g (22.27%), Sugar: 36.06g (40.07%), Cholesterol: 48.76mg (16.25%), Sodium: 1769.28mg (76.93%), Protein: 20.05g (40.1%), Fiber: 18.76g (75.03%), Folate: 282.18µg (70.54%), Manganese: 1.4mg (70.04%), Vitamin B1: 0.73mg (48.64%), Magnesium: 188.8mg (47.2%), Copper: 0.81mg (40.64%), Potassium: 1265.27mg (36.15%), Phosphorus: 352.71mg (35.27%), Iron: 5.51mg (30.62%), Vitamin B6: 0.54mg (26.88%), Zinc: 3.4mg (22.66%), Selenium: 15.86µg (22.65%), Calcium: 181.73mg (18.17%), Vitamin B3: 2.81mg (14.06%), Vitamin B2: 0.17mg (9.73%), Vitamin B5: 0.88mg (8.85%), Vitamin B12: 0.16µg (2.74%), Vitamin K: 2µg (1.9%), Vitamin C: 1.29mg (1.56%)