



## Smoky Baked Beans with Chorizo

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

READY IN



**630 min.**

SERVINGS



**12**

CALORIES



**220 kcal**

SIDE DISH

### Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 0.3 teaspoon pepper red crushed
- 2.5 cups great northern beans dried
- 1 cup chorizo diced spanish
- 2 tablespoons parsley fresh chopped

- 2 tablespoons thyme sprigs fresh chopped
- 8 garlic clove thinly sliced
- 0.5 cup spring onion chopped
- 1 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 3 tablespoons blackstrap molasses
- 4 cups onion chopped
- 2 tablespoons oregano fresh chopped
- 0.5 teaspoon paprika
- 2.5 tablespoons red wine vinegar
- 1.5 teaspoons salt
- 0.5 teaspoon paprika smoked
- 3 tablespoons tomato paste
- 4 cups water

## Equipment

- oven
- dutch oven

## Directions

- Sort and wash beans; place in a Dutch oven. Cover with water to 2 inches above beans. Cover; let stand 8 hours.
- Drain.
- Heat a large Dutch oven over medium heat.
- Add chorizo; cook 4 minutes or until fat begins to render.
- Add onion and garlic; saut 10 minutes or until tender.
- Add beans, water, and next 7 ingredients (through bay leaves); bring to a boil. Cover, reduce heat, and simmer 45 minutes or until beans are just tender.
- Preheat oven to 35

- Stir brown sugar and the next 3 ingredients (through crushed red pepper) into bean mixture; bring to a simmer. Cover; bake at 350 for 1 1/2 hours or until beans are very tender and sauce is thick.
- Remove from oven; stir in vinegar, black pepper, and ground red pepper. Discard bay leaves; sprinkle with green onions and parsley.

## Nutrition Facts



### Properties

Glycemic Index:32.25, Glycemic Load:3.35, Inflammation Score:-10, Nutrition Score:16.204347755598%

### Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

### Nutrients (% of daily need)

Calories: 220.43kcal (11.02%), Fat: 2.85g (4.38%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 29.72g (10.81%), Sugar: 11.41g (12.68%), Cholesterol: 5.89mg (1.96%), Sodium: 339.8mg (14.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.09%), Folate: 200.82µg (50.21%), Manganese: 0.82mg (41.17%), Fiber: 9.57g (38.29%), Vitamin K: 28µg (26.67%), Magnesium: 99.33mg (24.83%), Potassium: 776.29mg (22.18%), Copper: 0.42mg (20.99%), Phosphorus: 200.25mg (20.02%), Iron: 3.59mg (19.96%), Vitamin B1: 0.29mg (19.24%), Vitamin B6: 0.32mg (16.25%), Vitamin C: 11.08mg (13.43%), Calcium: 124.73mg (12.47%), Selenium: 6.71µg (9.59%), Vitamin B2: 0.13mg (7.67%), Zinc: 1.13mg (7.54%), Vitamin A: 369.67IU (7.39%), Vitamin B5: 0.57mg (5.71%), Vitamin B3: 1.12mg (5.59%), Vitamin E: 0.52mg (3.5%)