



Smoky Baked Beans with Chorizo



Gluten Free



Dairy Free

READY IN



630 min.

SERVINGS



12

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2.5 cups cannellini beans dried
- ☐ 1 cup dry-cured chorizo diced spanish
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped

- ☐ 8 garlic cloves thinly sliced
- ☐ 0.5 cup green onions 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 no-salt-added tomato paste
- ☐ 4 cups water

Equipment

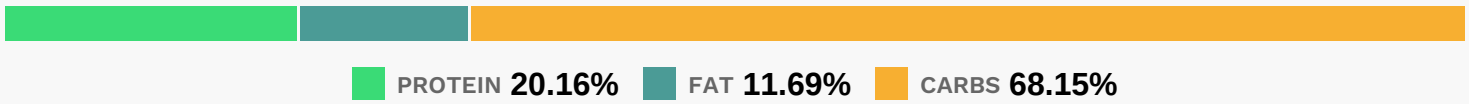
- ☐ oven
- ☐ dutch oven

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:16.178261031275%

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: 212.83kcal (10.64%), Fat: 2.85g (4.38%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 27.75g (10.09%), Sugar: 9.47g (10.52%), Cholesterol: 5.89mg (1.96%), Sodium: 339.24mg (14.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.08%), Folate: 200.8µg (50.2%), Manganese: 0.82mg (41.11%), Fiber: 9.57g (38.29%), Vitamin K: 28µg (26.67%), Magnesium: 99.15mg (24.79%), Potassium: 773.63mg (22.1%), Copper: 0.42mg (20.94%), Phosphorus: 200.17mg (20.02%), Iron: 3.58mg (19.88%), Vitamin B1: 0.29mg (19.24%), Vitamin B6: 0.32mg (16.21%), Vitamin C: 11.08mg (13.43%), Calcium: 123.07mg (12.31%), Selenium: 6.69µg (9.56%), Vitamin B2: 0.13mg (7.67%), Zinc: 1.13mg (7.53%), Vitamin A: 369.67IU (7.39%), Vitamin B5: 0.57mg (5.68%), Vitamin B3: 1.12mg (5.58%), Vitamin E: 0.52mg (3.5%)