



Smoky Baked Beans with Pomegranate Molasses



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon chili powder
- ☐ 2 garlic cloves minced

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup catsup
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon paprika smoked spanish
- ☐ 0.3 cup pomegranate juice
- ☐ 3 tablespoons pomegranate molasses

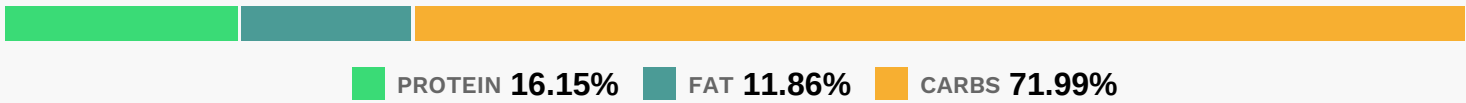
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Heat oil in small skillet over medium heat.
- ☐ Add onion; saut 6 minutes or until tender.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add ketchup and next 9 ingredients (through tomatoes) to pan; stir to combine.
- ☐ Add beans, stirring until well combined.
- ☐ Pour into an 11 x 7-inch baking dish lightly coated with cooking spray.
- ☐ Bake at 325 for 30 minutes.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:3.97, Inflammation Score:-5, Nutrition Score:9.6465217652528%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 170.02kcal (8.5%), Fat: 2.33g (3.59%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 24.07g (8.75%), Sugar: 12.34g (13.71%), Cholesterol: 0mg (0%), Sodium: 721.01mg (31.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Fiber: 7.77g (31.06%), Manganese: 0.42mg (21.18%), Potassium: 524.48mg (14.99%), Copper: 0.29mg (14.72%), Folate: 57.75µg (14.44%), Iron: 2.52mg (14%), Phosphorus: 138.79mg (13.88%), Magnesium: 48.71mg (12.18%), Vitamin B1: 0.18mg (11.91%), Vitamin B6: 0.2mg (9.76%), Vitamin C: 8.01mg (9.71%), Vitamin B2: 0.15mg (8.81%), Vitamin E: 1.21mg (8.1%), Vitamin K: 7.52µg (7.16%), Vitamin B3: 1.43mg (7.14%), Calcium: 61.31mg (6.13%), Zinc: 0.82mg (5.46%), Vitamin A: 245.81IU (4.92%), Vitamin B5: 0.36mg (3.6%), Selenium: 1.91µg (2.72%)