



## Smoky Black Beans

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

READY IN



**365 min.**

SERVINGS



**8**

CALORIES



**178 kcal**

SIDE DISH

### Ingredients

- 4 teaspoons add carrot and onion to bacon fat . cook
- 1 pound black beans dry
- 0.5 cup brown sugar packed
- 2 tablespoons blackstrap molasses dark
- 4 slices pickled jalapeño peppers
- 2 teaspoons hickory-flavored liquid smoke
- 1 onion chopped

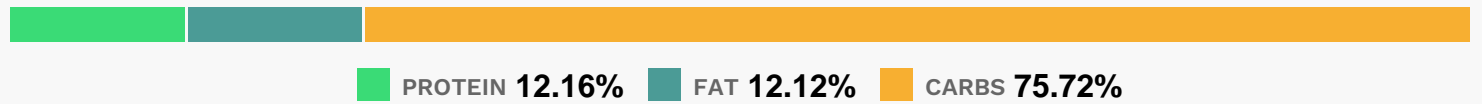
### Equipment

- frying pan
- slow cooker

## Directions

- Drain the black beans from their soaking water and place in a slow cooker. Fill with enough fresh water to cover them. Cover and set to High.
- Heat bacon drippings in a skillet over medium heat.
- Add onions; cook and stir until tender. Stir this into the beans along with the brown sugar, liquid smoke, molasses and jalapeno slices. Stir to blend, then cover and cook on High for 5 to 6 hours, or until beans are tender.

## Nutrition Facts



## Properties

Glycemic Index:16.63, Glycemic Load:5.01, Inflammation Score:-7, Nutrition Score:11.749565107667%

## Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

## Nutrients (% of daily need)

Calories: 178.08kcal (8.9%), Fat: 2.48g (3.82%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 28.45g (10.35%), Sugar: 19.51g (21.68%), Cholesterol: 1.9mg (0.63%), Sodium: 13.94mg (0.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin C: 54.39mg (65.92%), Fiber: 6.43g (25.71%), Folate: 99.38µg (24.85%), Manganese: 0.4mg (19.92%), Magnesium: 61.15mg (15.29%), Vitamin B6: 0.28mg (14.17%), Potassium: 424.24mg (12.12%), Vitamin B1: 0.16mg (10.98%), Vitamin E: 1.63mg (10.84%), Vitamin A: 488.78IU (9.78%), Phosphorus: 97.17mg (9.72%), Iron: 1.67mg (9.25%), Copper: 0.18mg (8.77%), Vitamin K: 8.38µg (7.98%), Zinc: 0.74mg (4.95%), Vitamin B3: 0.94mg (4.7%), Calcium: 45.53mg (4.55%), Vitamin B2: 0.07mg (4.04%), Vitamin B5: 0.35mg (3.54%), Selenium: 1.98µg (2.83%)