



Smoky Three-Bean Bake



Gluten Free



Dairy Free

READY IN



89 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup brown sugar packed
- ☐ 15 ounce black beans organic rinsed drained canned
- ☐ 15 ounce garbanzo beans organic rinsed drained canned (garbanzo beans)
- ☐ 15 ounce great northern beans organic rinsed drained canned
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon dijon mustard

- ☐ 6 garlic clove minced
- ☐ 1 cup bell pepper green finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon honey
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 cups onion finely chopped
- ☐ 1 teaspoon paprika smoked
- ☐ 0.8 cup tomato sauce

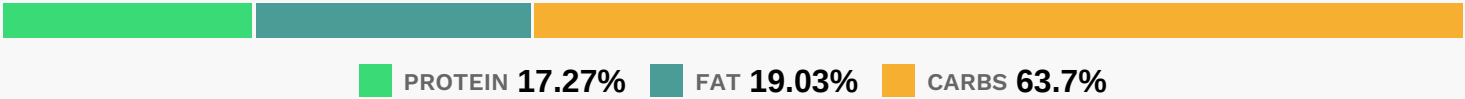
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 32
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add bacon to pan, and saut for 5 minutes or until crisp.
- ☐ Remove bacon from pan with a slotted spoon, reserving 1 1/2 tablespoons drippings in pan. Set bacon aside.
- ☐ Add 2 cups onion, bell pepper, and minced garlic to drippings in pan, and saut for 6 minutes or until tender, stirring occasionally.
- ☐ Remove from heat, and cool slightly.
- ☐ Combine tomato sauce and the next 8 ingredients (through red pepper) in a large bowl, stirring with a whisk. Stir in onion mixture and beans. Spoon bean mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray, and sprinkle with reserved bacon. Cover and bake at 325 for 30 minutes. Uncover; bake an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:44.45, Glycemic Load:4.6, Inflammation Score:-7, Nutrition Score:14.903478133938%

Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 275.77kcal (13.79%), Fat: 6.03g (9.27%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 35.15g (12.78%), Sugar: 14.1g (15.66%), Cholesterol: 7.26mg (2.42%), Sodium: 779.87mg (33.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.6%), Manganese: 0.96mg (47.77%), Fiber: 10.22g (40.89%), Vitamin C: 22.49mg (27.27%), Vitamin B6: 0.52mg (25.97%), Folate: 100.85µg (25.21%), Phosphorus: 216.84mg (21.68%), Magnesium: 73.89mg (18.47%), Potassium: 643.25mg (18.38%), Iron: 3.13mg (17.39%), Copper: 0.34mg (17.24%), Vitamin B1: 0.24mg (16.1%), Selenium: 7.6µg (10.86%), Calcium: 94.71mg (9.47%), Vitamin B2: 0.15mg (8.95%), Zinc: 1.33mg (8.89%), Vitamin B3: 1.52mg (7.61%), Vitamin A: 334.7IU (6.69%), Vitamin B5: 0.65mg (6.45%), Vitamin E: 0.56mg (3.71%), Vitamin K: 2.7µg (2.57%)