



Stove-top Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

SIDE DISH

Ingredients

- ☐ 3 Tbsp apple cider vinegar
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 garlic cloves peeled smashed
- ☐ 0.3 cup catsup
- ☐ 1 lb beans white dry such as cannellini or navy beans (or 3 15-ounce cans of beans)
- ☐ 0.3 cup blackstrap molasses
- ☐ 1.5 teaspoons ground mustard dry

- ☐ 1 onion peeled halved lengthwise
- ☐ 0.3 onion red finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon all the tabasco sauce you handle (or cayenne pepper if you don't have Tabasco)
- ☐ 1 slice bacon raw thick-cut
- ☐ 5 slices bacon thick-cut cooked chopped

Equipment

- ☐ bowl
- ☐ pot

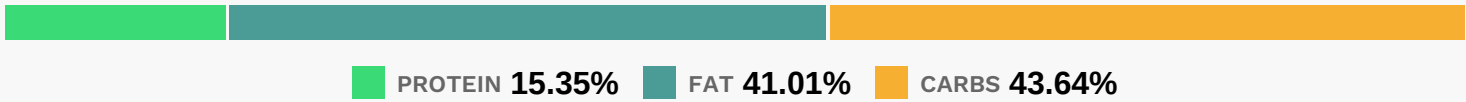
Directions

- ☐ If you are using canned beans, drain the beans, put them in a large pot and skip to step
- ☐ Put dry beans in a large pot. Cover with water by 2 inches and refrigerate overnight. Alternatively, bring beans to a boil, remove from heat and let cool for an hour.²
- ☐ Drain the beans and rinse them.
- ☐ Add them to a large pot. Cover with 1 inch of water. Insert cloves into onion halves (so they can be easily found and discarded later), add to pot.
- ☐ Add garlic and bay leaf.
- ☐ Heat to a simmer and let cook for 1 to 2 hours, until beans are just tender. (Older beans will take longer to cook).
- ☐ Add boiling water to beans if they begin to look dry while cooking.³
- ☐ Remove onion, cloves, and bay leaf.
- ☐ Add 1 teaspoon of salt. ⁴ In a separate bowl, mix together the ketchup, molasses, vinegar, mustard powder, Tabasco sauce, and pepper.
- ☐ Add mixture to beans and stir to combine.
- ☐ Add one slice of raw bacon to the mix. Bring the beans to a simmer. Simmer over low heat for 30–40 minutes until thick.
- ☐ Remove bacon slice (if desired).
- ☐ Add more salt to taste.

☐

Serve hot, topped with chopped red onions and cooked bacon.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:7.84, Inflammation Score:-7, Nutrition Score:18.602173950361%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 481.97kcal (24.1%), Fat: 22.21g (34.16%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 45.21g (16.44%), Sugar: 20.9g (23.22%), Cholesterol: 35.64mg (11.88%), Sodium: 1091.85mg (47.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.41%), Manganese: 1.2mg (60.09%), Magnesium: 138.44mg (34.61%), Potassium: 1167.07mg (33.34%), Fiber: 7.97g (31.87%), Iron: 5.69mg (31.61%), Selenium: 18.16µg (25.94%), Folate: 101.19µg (25.3%), Copper: 0.49mg (24.49%), Vitamin B6: 0.48mg (24.03%), Phosphorus: 236.29mg (23.63%), Vitamin B1: 0.32mg (21.24%), Calcium: 164.89mg (16.49%), Zinc: 2.42mg (16.14%), Vitamin B3: 2.84mg (14.2%), Vitamin E: 1.6mg (10.68%), Vitamin B2: 0.14mg (7.98%), Vitamin B5: 0.79mg (7.95%), Vitamin K: 4.93µg (4.69%), Vitamin C: 3.79mg (4.59%), Vitamin B12: 0.27µg (4.5%), Vitamin A: 152.23IU (3.04%), Vitamin D: 0.22µg (1.44%)