



WHATSheATE



Sweet and Spicy Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon cut into 1/2-inch pieces
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 pound navy beans dried
- ☐ 1 teaspoon ground mustard dry
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons jalapeno minced (1)
- ☐ 0.3 cup blackstrap molasses light
- ☐ 1 cup onion diced (1 small)

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon tomato paste
- ☐ 5 cups water divided

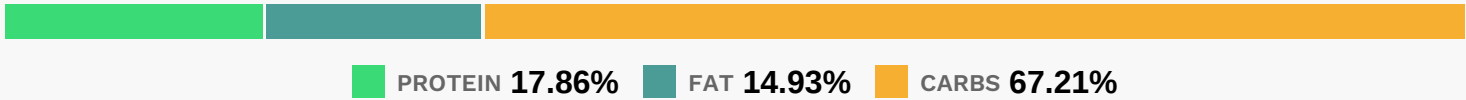
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours or overnight.
- ☐ Drain beans.
- ☐ Preheat oven to 350
- ☐ Cook bacon in a Dutch oven over medium heat 5 minutes or just until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan; return bacon to pan.
- ☐ Add onion to drippings in pan; cook 5 minutes or until onion begins to brown, stirring often.
- ☐ Add tomato paste; cook 2 minutes, stirring often.
- ☐ Add molasses, sugar, jalapeo, mustard, and red pepper; stir to combine. Stir in beans and 4 cups water. Increase heat to medium-high; bring mixture to a boil.
- ☐ Remove from heat. Cover and bake at 350 for 3 hours. Stir in remaining 1 cup water. Cover and bake an additional 1 hour or until beans are tender, but not falling apart, and liquid is almost absorbed.
- ☐ Remove from oven; stir in salt.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:4.19, Inflammation Score:-7, Nutrition Score:15.571304434667%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 253.23kcal (12.66%), Fat: 4.31g (6.62%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 32.06g (11.66%), Sugar: 16.56g (18.4%), Cholesterol: 5.81mg (1.94%), Sodium: 318.14mg (13.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Fiber: 11.57g (46.28%), Manganese: 0.86mg (42.79%), Folate: 169.99µg (42.5%), Magnesium: 113.07mg (28.27%), Vitamin B1: 0.39mg (26.15%), Copper: 0.47mg (23.7%), Potassium: 779.53mg (22.27%), Phosphorus: 209.93mg (20.99%), Iron: 3.21mg (17.85%), Vitamin B6: 0.34mg (16.93%), Selenium: 9.43µg (13.47%), Zinc: 1.86mg (12.42%), Calcium: 103.81mg (10.38%), Vitamin C: 6.92mg (8.39%), Vitamin B3: 1.6mg (7.98%), Vitamin B2: 0.09mg (5.45%), Vitamin B5: 0.52mg (5.22%), Vitamin K: 2.26µg (2.16%), Vitamin E: 0.31mg (2.03%), Vitamin A: 97.35IU (1.95%)