



## The 3 B's - Beans (Bacon, Brown Sugar and Bourbon)

 Dairy Free

READY IN



310 min.

SERVINGS



8

CALORIES



410 kcal

BEVERAGE

DRINK

### Ingredients

- 4 ounces bacon diced
- 0.7 cup bourbon
- 1 cup t brown sugar dark packed
- 0.5 cup dijon mustard stone-ground
- 1 pound navy beans dried
- 8 servings kosher salt black
- 1.3 cups water

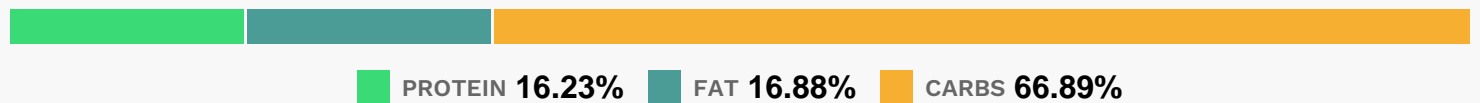
## Equipment

- bowl
- whisk
- pot
- dutch oven

## Directions

- Special equipment: large Dutch oven
- Drain the beans and set aside. In a bowl, whisk together the brown sugar, mustard, water, and bourbon until the sugar is dissolved. Set aside.
- Cook the bacon until crisp in a large Dutch oven over medium heat.
- Remove the bacon and all but a couple of tablespoons of the bacon grease.
- Add the drained beans to the pot and stir in the bourbon sauce mixture. Bring the beans to a boil, then reduce the heat to low to maintain a gentle simmer. Cover and cook the beans, stirring every 20 minutes, until the beans are soft and the sauce is very thick, about 4 hours. Once the beans are cooked, season them with salt and pepper, to taste. Stir in the cooked bacon and cook, covered, an additional 15 to 20 minutes.
- Transfer the beans to a serving bowl and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:5.88, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:17.441304347826%

## Nutrients (% of daily need)

Calories: 410.38kcal (20.52%), Fat: 7g (10.77%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 62.43g (20.81%), Net Carbohydrates: 47.92g (17.43%), Sugar: 29.1g (32.33%), Cholesterol: 9.36mg (3.12%), Sodium: 471.4mg (20.5%), Alcohol: 6.68g (37.11%), Protein: 15.14g (30.29%), Fiber: 14.5g (58.02%), Folate: 207.75µg (51.94%), Manganese: 0.89mg (44.61%), Vitamin B1: 0.51mg (33.94%), Magnesium: 111.24mg (27.81%), Phosphorus: 269.88mg (26.99%), Copper: 0.51mg (25.68%), Potassium: 760.31mg (21.72%), Selenium: 14.71µg (21.01%), Iron: 3.62mg (20.13%), Zinc: 2.36mg (15.71%), Vitamin B6: 0.3mg (15.13%), Calcium: 117.91mg (11.79%), Vitamin B3: 1.93mg (9.65%), Vitamin B2:

0.12mg (6.8%), Vitamin B5: 0.58mg (5.83%), Vitamin K: 1.65µg (1.57%), Vitamin B12: 0.07µg (1.18%)